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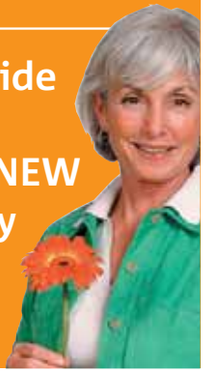


DRIVE-THRU BAN EYED
DOWNTOWN CORE BETTER WITHOUT THEM: COUNCILLOR {page 3}

TRIO LEADING THE WAY
HERD LOOKING FOR MORE BALANCED OFFENCE {page 32}



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HALIFAX metro®
Thursday, September 22, 2011
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News worth sharing.

NDP. MP



▶ Halifax MP Megan Leslie rises during question period in the House of Commons in Ottawa yesterday. Leslie announced yesterday she will not run for the leadership of the federal NDP. Story, page 3.

ADRIAN WYLD/THE CANADIAN PRESS

Leslie rules out leadership bid

Africville trust director done

An interim executive director will be appointed while the hiring process begins anew ‘I wanted to raise the $11 million for them. I wanted this to be a success,’ says Carole Nixon

The Africville Heritage Trust has parted ways with its executive director after controversy broke out over her race and employment history.

Daurene Lewis, the chair of the trust, said yesterday’s decision had nothing to do with the fact Carole Nixon is white. But she refused to explain why Nixon is no longer with the trust on the grounds it is a personnel matter.

“To say (Nixon’s departure) was due to any one thing would not be quite accurate,” Lewis said.

“(But) getting into specifics ... would be a personnel matter. Those kind of details would be confidential.”

The trust was created to establish a memorial for the historic black community of Africville, which was levelled for the construction of the MacKay Bridge. Last year, HRM formally apologized and committed funds to recreate the Seaview African United Baptist Church.

“I’m not ashamed of anything I’ve ever done.”
CAROLE NIXON, FORMER AFRICVILLE HERITAGE TRUST EXECUTIVE DIRECTOR

Nixon, an Anglican priest, was hired by the trust in June to oversee the construction and fundraising efforts. The hiring provoked a recent backlash from members of the black community, including outspoken lawyer and activist Rocky Jones.

“I am blown away, I guess that’s the best way to put it,” said Nixon.

No was reason was given for her dismissal, she said.

“I’m very disappointed. I’m quite angry.”

Nixon, who was hired on July 1, said she intends to talk to a lawyer and suggested the controversy over the hiring of a white woman to oversee an essentially black group was behind her dismissal.

“Where I come from, and everywhere in this country, it is against the law to discriminate against someone on the basis of the colour of their skin, and also on the basis of allegations against them that have never been proven in a court of law,” she said.

According to Lewis, the trust — and several news organizations — received an unmarked envelope filled with newspaper clippings. The clippings raised questions about Nixon’s departure from several previous jobs, alleging spending irregularities.

Nixon said those allegations are false and she has never been questioned by police or charged with anything.

ALEX BOUTILIER/WITH FILES FROM THE CANADIAN PRESS

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Halifax MP won't run for NDP leadership

MP Chisholm

Decision. Dartmouth–Cole Harbour MP Robert Chisholm said he will decide if he's throwing his hat in the ring "in the next couple weeks."

For more local news visit metronews.ca/halifax

Megan Leslie won't be following in Alexa McDonough's footsteps to the NDP leadership, at least not yet.

The Halifax MP announced yesterday she wouldn't be seeking the leadership of the official opposition.

"It was an extremely personal decision," she said yesterday. "I think if you're a candidate for something like this, you really need to want it and it's not something I want right now."

Leslie said life as the opposition leader is a "whole new level of public life," but she said she hasn't ruled it out in the future.

Dartmouth–Cole Harbour MP Robert Chisholm is looking into making a run for leader. He said yesterday his staff is exploring fundraising and the support required to run a campaign.

But it never came down to Leslie or him, Chisholm said.

"Megan was one of the first people I spoke to when I said publicly I was considering this," he said. "I have been one of those that have been encouraging her."

Leslie said Chisholm's interest in running had no impact on her decision. But if he does run for the leadership, he won't be guaranteed her vote.

"I don't think people would expect I'd support a female candidate because I'm a woman, or a youth candidate because I'm a younger MP," she said. "Nor do I think people would expect me to support an Atlantic candidate because I'm from Atlantic Canada."

JENNIFER TAPLIN

Drive-thru ban considered

Public hearing on issue to be held on Oct. 4 at 6 p.m. at city hall

ALY THOMSON
HALIFAX@METRONEWS.CA

You can't order a coffee or a burger from your car in Halifax's downtown core, and Coun. Dawn Sloane wants to keep it that way.

Halifax regional council presented a motion on Tuesday to ban drive-thrus in the downtown Halifax business district leading up to Spring Garden Road.

Sloane said yesterday that forbidding drive-thrus makes for a "walkable, pedestrian-friendly" area.

"I think this basically spells out what we've had all along in our downtown. Not having drive-thrus makes the downtown cohesive with our HRM plan."

Just look at other cities, said Sloane.

"If you go to any big city, in their downtown core, you don't see drive-thrus. What you see is a lot of pedestrians walking and enjoying the feel and ambiance of the downtown," she said.

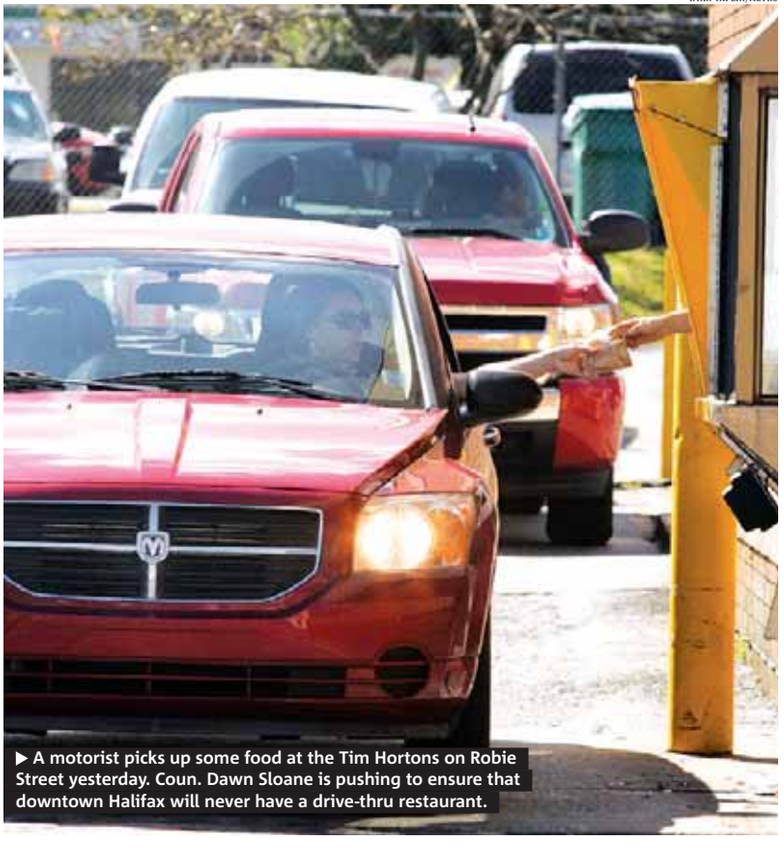
"We want walkable communities for people to be able to enjoy the sights."
COUN. DAWN SLOANE

Sloane said the motion is an amendment to the HRMbyDesign plan, and would be grandfathered under the Municipal Land Use bylaw.

The staff report states that drive-thrus are convenient for service delivery, but not appropriate in a denser or more compact urban context.

The report also includes an amendment to allow for the extension, enlargement and alteration of buildings in downtown Halifax that do not conform to the new land use bylaw provisions.

RYAN TAPLIN/METRO



▶ A motorist picks up some food at the Tim Hortons on Robie Street yesterday. Coun. Dawn Sloane is pushing to ensure that downtown Halifax will never have a drive-thru restaurant.

Stowaway found on cargo ship

The Canada Border Services Agency is interviewing a stowaway found on a car carrier ship during its crossing of the Atlantic.

Dominic Mallette, the chief of operations for the agency in Nova Scotia, says a man was found aboard the container ship on the weekend while it was sailing from Sweden to Canada.

Mallette says the shipping company found the man during a routine ship inspection and informed the border agency.

The man was arrested when he arrived at the autoport terminal in Halifax on Tuesday.

Mallette says the agency will interview the man and determine if he is applying for refugee status and whether he will remain in detention.

THE CANADIAN PRESS

MV Mignon

The MV Mignon is a car carrier owned by Wallenius Wilhelmsen Lines, which made stops in several other countries during its voyage to Nova Scotia.

News in brief

Charges faced by teen

STABBING. A Sackville teen faces several charges in connection with a stabbing at a bus terminal.

Police say they arrested a 16-year-old boy on Kingfisher Road on Tuesday, shortly after executing a search warrant at a home in Lower Sackville.

The teen faces charges including aggravated assault, possession of a weapon dangerous to the public and carrying a concealed weapon.

Police had been searching for three suspects following Saturday's incident that began near a transit terminal on Cobequid Road

THE CANADIAN PRESS

1 news

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An eco-friendly family home in the British countryside, built for less than $5,000, takes design cues from Tolkien. Photo gallery at metronews.ca/world

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Local heroes receive Medal of Bravery

JENNIFER TAPLIN
@METRONEWS.CA

Braving high waves, wind and a dark night, two Halifax sailors achieved the near impossible when they plucked a distressed boater from disaster three years ago.

On Tuesday, Lt. (Navy) Christopher Devita and Leading Seaman Cory Bond were awarded the Medal of Bravery by the Governor General in Quebec City for their heroic efforts on the night of May 27, 2008.

The two were aboard HMCS Montreal on a training run near Halifax when they received a distress call: A man in a pleasure craft was taking on water.

"As soon as we hit the water (in a rigid hull inflatable boat, or RHIB), it was extremely violent. We were tossed and turned around," Devita said yesterday.

SGT. RONALD DUCHESNE/RIDEAU HALL 2011



▶ Christopher Devita

SGT. RONALD DUCHESNE/RIDEAU HALL 2011



▶ Cory Bond

"I tell everybody in the world this, that Cory Bond is the best boat driver ever."
CHRISTOPHER DEVITA

They reached the boat and managed, after several tries, to get a tow line on it.

"Looking back on that now, it was freaking crazy, but you got to do what you've got to do, right?"

The tow line was switched to a Coast Guard vessel but it wasn't safe for the man to be on his boat as it was being towed. Devita said the man's only option was to jump on to the RHIB. He did and Devita caught him.

Devita said he felt grateful to be honoured with a bravery medal, but humbled to sit next to fellow recipients who earned their medals under fire in Afghanistan.

"It was uplifting to realize there are so many people out there who are willing to go out there and do what needs to be done."

GIANT PELICANS
BISON IN THE BACKYARD
AND WILD TIMES AT THE OFFICE
"Comes with the job"

Mike Keizer moved from Nova Scotia to the Northwest Territories to set up a Human Resources Department for Parks Canada. It wasn't long before he fell in love with the wildlife roaming Wood Buffalo National Park and decided that his real purpose in life was to introduce visitors from all over the world to the bison, whooping cranes, pelicans and other rare and awesome species that call the Park home. After seventeen years, no one knows better where the buffalo roam.

Mike is one of a fast-growing group of Maritimers who are making their mark in the Northwest Territories.

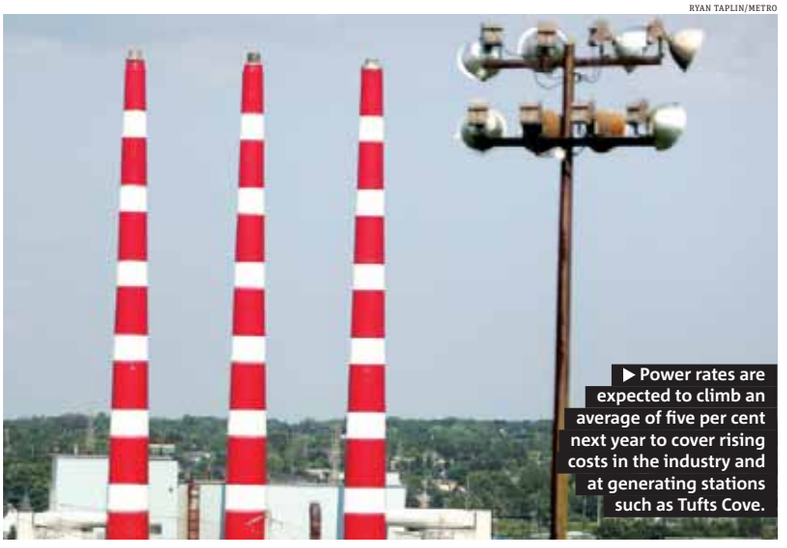
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RYAN TAPLIN/METRO



▶ Power rates are expected to climb an average of five per cent next year to cover rising costs in the industry and at generating stations such as Tufts Cove.

Power boss grilled over rate hike

Deferred cost recovery from NewPage closure applies to 2012 NSPI/Liberals want deal nixed

ALEX BOUTILIER
@METRONEWS.CA

The agreement between Nova Scotia Power Inc. and consumer advocates didn't spare the utility's senior staff from having to answer some pointed questions yesterday, as hearings into the proposed 2012 rate hike began.

Rob Bennett, the NSPI's chief executive officer, appeared before the Nova Scotia Utility and Review Board to field questions on the agreement, announced Monday, that would see power rates climb about five per cent next year.

"The agreement we are presenting today won't solve all our longer term challenges," Bennett told the board.

"If they ever have to come to a regulatory hearing to get approval for rate increases ... they're going to have to face questions, and hopefully tough questions."
JOHN MERRICK

"Like all settlements, it is a balance of competing interests. But it addresses the reality of the rising costs in our business while keeping the rate impact on customers as low as possible."

Consumer advocate John Merrick, however, wanted more of an assurance that NSPI had done everything in its power to keep costs down before its initial request for a 7.2 per cent rate increase in May.

"Everywhere that we can find reductions on the application to make the rate-increase number as low as we can possibly make it, that work happens on an ongoing basis," Bennett said.

Outside the hearing, Merrick remained confident the settlement was a good deal for ratepayers. But he said NSPI has to expect hard questions at any rate-increase hearing.

FLARE-UPS

Fire strikes twice in HRM

There were two small fires in HRM yesterday.

At about 3:15 p.m., firefighters were called to an eight-storey building at 2717 Joseph Howe Dr. after a drainage pipe caught fire, said fire department spokesperson Capt. Dave Meldrum.

"There was roof work going on and there was smouldering and burning around the pipe, but the fire was very quickly extinguished," he said.

A small rodent's nest was the culprit in a fire in the MacDonald Building at Dalhousie University.

Workers were using heat guns to strip paint on the building when the heat ignited straw and grass shortly after 8 a.m., Meldrum said.

ALY THOMSON

Teen beset over iPod

Two youth face charges and police are looking for a third young male after a 13-year-old was robbed coming home from school Tuesday in the Greystone area of Spryfield.

Police say the victim was confronted, knocked to the ground and had his iPod stolen. Two males, aged 14 and 16, are charged with robbery and assault causing bodily harm. PHILIP CROUCHER



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Province must float an energy plan: Biologist

Legislation expected next spring, energy minister states ◐ Public consultations were held last November

A marine biologist says the Nova Scotia government needs to come up with a strategic plan before it proceeds with commercial tidal energy projects.

Bob Fournier was hired by the province last fall to lead consultations on the drafting of marine renewable energy legislation.

He presented 27 recommendations yesterday that stress the need for a five-year road map for the sector, public involvement, tidal energy research and regular environmental assessments on any projects.

Fundy future

- There are about four consortiums interested in putting turbines in the Bay of Fundy, a body of water known for its strong currents and energy potential.

"What is missing is a comprehensive strategy that consolidates what we know, what we value and what we aspire to in the area of marine renewable energy, into an integrated plan," he said in a statement.

Energy Minister Charlie Parker says the government is adopting the recommendations and will have a strategic plan this fall.

THE CANADIAN PRESS

Competition good for drivers: Minister

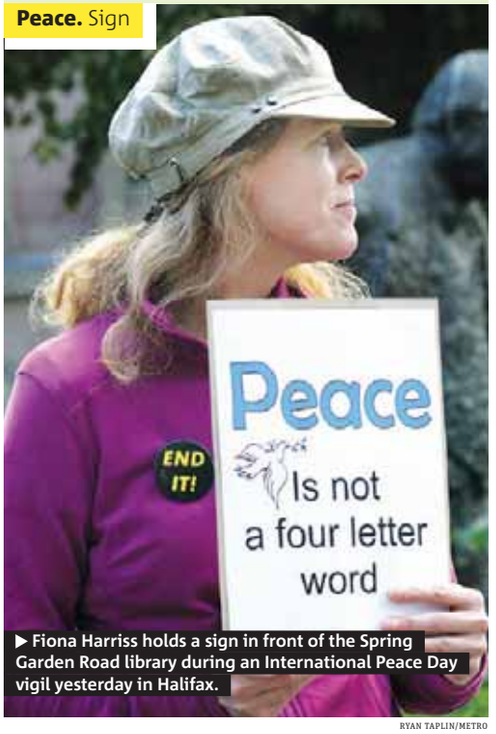
New Brunswick's energy minister says he has no intention of regulating a minimum price for gasoline.

Craig Leonard says the current regulation of maximum gas prices is effective and fair.

There has been a bit of a price war in the capital city of Fredericton over the last few weeks since the opening of a new big-box store that also has gas pumps.

THE CANADIAN PRESS

Peace. Sign



▶ Fiona Harriss holds a sign in front of the Spring Garden Road library during an International Peace Day vigil yesterday in Halifax.

RYAN TAPLIN/METRO

A call for world peace

Criminal property seized

Nova Scotia has won its first court case under new legislation that allows it to seek the seizure of property or money relating to criminal activity.

The Justice Department says a Nova Scotia Supreme Court judge ruled in the government's favour Tuesday in the civil forfeiture case involving $5,725.

The money was seized by police in February during a drug raid in Sydney Mines.

Under the new legislation, forfeiture can be sought where there is evidence of wrongdoing but criminal charges are not laid, such as selling stolen property.

THE CANADIAN PRESS

$5,725 The amount the province netted from the case.

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Recent incidents in France and Japan are reminders of nuclear danger

Editor Melita Kuburas tours ground zero and villages surrounding site of the world's worst nuclear disaster

Into the radiation zone: Metro visits Chornobyl

MELITA KUBURAS
@METRONEWS.CA
IN UKRAINE

Security guards at the entrance to the 30-kilometre exclusion zone have a list of rules for our group as we wait to enter the contaminated area.

"Do not touch anything, wear long sleeves and closed-toe shoes." This is followed by a stern caution from the guide taking UN Development Programme volunteers inside. "Remember, you are not tourists here."

After the recent Fukushima disaster in Japan, the International Atomic Energy Agency announced this week a projected slowdown on the growth of nuclear power. Chornobyl to this day is evidence of what happens when things go wrong.

More than 25 years after the Chornobyl meltdown, about 3,500 people are still required at the plant just to keep safety mechanisms operating. It can't be fully shut down. Another 3,000 work as maintenance, security and decontamination staff outside of it — although they only work two weeks a month, due to high radiation levels.

Standing in front of reactor No. 4, which is enclosed in an aging, rusted tomb called the "sarcophagus," our beeping hand-held dosimeter shows external radiation levels to be about 30 times higher than in the capital, Kyiv.

"But this isn't the most radioactive place we will see," the guide says with a sardonic grin. "I will show you where it's much higher."

MELITA KUBURAS/METRO



▶ Giovanni Mozzarelli, program officer at the United Nations Development Programme in Ukraine, holds a dosimeter in front of nuclear reactor No. 4 in Chornobyl during a day trip to the exclusion zone on Aug. 30. The external-radiation reading on the beeping dosimeter showed levels to be about 30 times higher than in Ukraine's capital, Kyiv.

This spot turns out to be a patch of moss behind the cultural centre in the abandoned town of Prypiat. The town used to be home to about 50,000 people who evacuated in about three hours the day after the accident.

To avoid panic, residents were told they would be returning to their homes, so they packed light. Their belongings were left to decay, were destroyed in the decontamination process or were stolen by looters. Some personal items are still strewn amid the rubble — Soviet posters, children's books, an old tennis shoe in the Cultural Centre's gymnasium. The town today is just decrepit buildings amid overgrown foliage.

Reactor rupture

- On April 26, 1986, an explosion and fires at Chornobyl nuclear plant's reactor No. 4 caused the largest radioactive release in the civil nuclear industry's history.
- 100,000 people were evacuated.
- 2,293 villages and towns were contaminated.
- Of the plant's 600 workers, 134 received high doses and suffered from acute radiation sickness. Of those, 28 died in the first three months.

Subsidies little more than small potatoes

MELITA KUBURAS/METRO



▶ Two women carry potatoes grown within Chornobyl Zone 3. Potatoes are what most people depend on for sustenance during the winter or as a means of modest income.

While the Ukraine government is legally bound to deliver subsidies to those living in affected regions, the average resident receives the equivalent of less than 50 cents per month.

That's not nearly enough, considering that they had been promised salary bonuses for finding work and money to pay for students' breakfasts.

Dmytro Petrushenko, head of the Bordianka District State administration, said that if all of the promised subsidies were paid out in full, it would amount to one fifth of Ukraine's entire state budget.

"We need a radical change — an elimination of all subsidies," the government official advocates.

MELITA KUBURAS

WHY THEY STAYED BEHIND

'We didn't want to live in Siberia'

After the incident, Maria Bovsunivska and her two children were given the choice to move from their small town, a few hours from the capital, Kyiv.

They chose to stay.

Her 25-year-old daughter, Tatjana, said they didn't like what was being offered.

"We didn't want to live in Siberia," she said briskly while her mom gently nodded her head in agreement.

Some of their neighbours were relocated to small apartments that they had to share with other families.

To Maria's family, that was evidence they made the right choice by staying put. MELITA KUBURAS

Out-of-work youth

- On a hot August morning, a handful of clients are at a Luhyny unemployment centre for a workshop aimed at helping people under 30 to get jobs.
- "A well-qualified construction worker is much more valuable than an underqualified engineer," Olga Omelychuk, the orientation specialist tells them.
- In the town of about 4,000 people, about 550 are registered as unemployed. Brochures at the centre promote jobs such as electricians and tractor drivers.
- A blonde woman says she is trained as a dentist but wants to find work as a cook.
- Leaving for a larger city is difficult. If they can't immediately find work, the cost of living becomes too high and they're forced back to Luhyny.

The dangers of a 100-kilometre diet

MELITA KUBURAS/METRO



▶ An elementary school principal in a Chornobyl-affected village shows off a sunflower on a family farm.

In Luhyny, a small village about 100 kilometres from the exclusion zone, the number of people treated for cancer at a local hospital has increased 30 times since 1986, according to Dr. Ivan Godlevski.

In Norodichesky, bordering Chornobyl, a study by a Canadian-trained biological sciences professor found that local children have reduced pulmonary function.

"Many of the children have significant (radiation) doses as a result of what they're eating," said Timothy Mousseau, study co-author and instructor at the University of South Carolina.

In Zaliznytsia, a village in Ukraine's northwest Volyn region, a local gym teacher says about half of the elementary students are exempt from cardio-intensive gym classes because of health problems.

MELITA KUBURAS

APPLE NEWS

Latest iPhone en route?

Apple hasn't said when it will release the next version of the iPhone, but former U.S. vice-president and current Apple Inc. board member Al Gore believes new iPhones will be here in October.

Gore spoke yesterday at the Discovery Invest Leadership Summit in Johannesburg, South Africa. Toby Shapshak, the editor of Stuff Magazine's South African edition, said Gore's mention of "the new iPhones coming out next month" was a plug for the product.

Gore's comments, which Shapshak said he recorded on his iPhone, were reported earlier by TheNextWeb. If Gore is right, that could indicate Apple will introduce more than one model.

An Apple spokesman declined to comment.

THE ASSOCIATED PRESS

Ciggie ads heat debate

A U.S. judge peppered a government lawyer with questions yesterday expressing doubts about whether the Food and Drug Administration can force tobacco companies to post images on their cigarette packages showing the effects of smoking.

At question is whether the nine graphic images proposed by the FDA convey just the facts about the risks of smoking or go beyond that into advocacy.

They include a cloud of cigarette smoke within inches of a baby's face and a dead smoker with surgical stitches in his chest, among others. THE ASSOCIATED PRESS

Fest revellers facing beer ripoff: Watchdog group

MATTHIAS SCHRADER/THE ASSOCIATED PRESS



▶ People reach for a mug of beer after the opening of the famous Bavarian Oktoberfest event in Munich last Saturday. The event runs until Oct. 3.

Test finds Oktoberfest visitors are being denied full-size mug suds

A Munich consumer watchdog group says Oktoberfest revellers are being shorted on beer at the famous Bavarian beer festival.

In a test of 100 standard mass mugs conducted by the Association Against Fraudulent Pouring — a group that's been running for more than a century — not one was full, the organization said yesterday.

In tests conducted across a dozen Oktoberfest tents Tuesday, 1-litre (33.8-ounce) mugs ranged from being filled with 24.7 ounces of beer from one vendor to a respectable 31.8 ounces at another.

THE ASSOCIATED PRESS

Sud scene

▶ More than six million guests from around the world are expected to descend on Munich for this year's Oktoberfest, happening for 17 days.

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LISTEN, YOU DON'T WANT TO UPSET THIS TEACHER

HE SAYS ...

JOHN MAZEROLLE
METRO



Hi, kids! I'm here to talk to your class about teachers because they're important people to ... HEY! SHUT UP AND LISTEN!

I'm not a teacher, so I can say that. So no talking, eyes front, iPhones on vibrate, safety on all weapons.

Teachers change your life, kids. They help burst the protective bubble that parents have been building around you in the hope that you would never discover drugs, Darwin or Megan Fox.

Yet some of you give teachers a hard time and ... hey! No cheering!

This is what I mean. Teachers enter the profession filled with idealism but leave the classroom cynical and dispirited — usually by lunch hour.

One in three Canadian teachers leaves the profession after five years. I said NO CHEERING! Most get jobs in more relaxing professions, such as bomb disarmament. "I snip the wires and can feel my self unwind," one former teacher said.

No one cares about teachers, kids — not even adults. A teacher can be in the news because a deranged student bit off his nose, and all the adults watching will think, "Wish I got summers off."

"The problem is teachers have been treating you as allies. Meanwhile, you ripped up the teacher-student contract, made it into spitballs, and fired them through the Empty Pen Casing of Disrespect."

Many teachers have cracked. Unfortunately for you, I have the solution. The problem is teachers have been treating you as allies.

Meanwhile, you ripped up the teacher-student contract, made it into spitballs, and fired them through the Empty Pen Casing of Disrespect.

Well, your reign of terror is over.

See, I remember which teachers got respect. It wasn't the nice ones who wanted to help. Those teachers crumbled like the Wagon Wheels in my packed lunch.

No, the teachers in control were the ones who had an aura of menace: Dr. Dunn, whose title stirred up dread; Mr. Comeau, whose possibly apocryphal history of teenage knife fights awed us all; and Mr. Smith, whose unblinking eyes said, "You cannot comprehend how little I think of you."

The thing is, none of these teachers did anything threatening. They barely raised their voices. But there was always the fear of ... well, we weren't sure, but we knew it would be a Bad Thing.

So get ready, students. I'll be sharing this secret with teachers and they'll be spreading rumours about themselves nationwide. Principal Peterson? He has a punishment called "The Belt Buckle of Death." Miss McIntyre? Out on parole. And don't get Mr. Banner angry. You won't like him if he's angry.

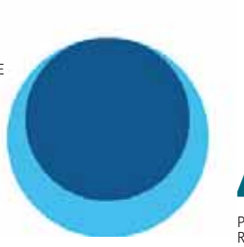
Teachers will regain control, and they'll be able to get back to what they do best: pushing you up a grade regardless of merit.

Now, class, let's open our books to Megan Fox ...

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

What's the best way to celebrate Thanksgiving?



60% PLAY THE ROLE OF GUEST — NO COOKING, NO CLEANUP.

40% PLAY THE ROLE OF HOST AND MAKE A BIG FEAST.

Local tweets

- **@acterps:** Sorry wait, Halifax, is this warmth you're showing me?
- **@birdiebent:** Halifax arenas & gym spaces. Halifax Roller Derby needs reliable practice spaces. If you could be one (or know one) pls let us know! Pls RT
- **@emilypsampson:** In a few short weeks I've gone from being the most awkward person in sydney to the most awkward person in halifax
- **@plannedit:** September has been the nicest part of the summer #Halifax
- **@thealltimelowe:** who makes the best carrot cake in Halifax?
- **@natassha_n:** Another beautiful day in #halifax - we need to enjoy these now! Take it all in and appreciate it. #berudenotto #beauty
- **@joegarden:** Bags packed. Passport grabbed. Next stop: a stupid airport. THEN HALIFAX! #halifaxin
- **@TheVeggieMe:** Another ridiculously gorgeous day in #Halifax. Wondering how cold/warm Long Lake is today.
- **@JasonRondeau:** Talking about the #Halifax sleepwatcher in law class, the prof refers to him as the sleep wanker. #Hilarious

Worth Mentioning

RE: Drivers caught in the act, published Sept. 20

It was with interest that I read the article about how many speeders are caught in HRM.

The latest issue of CCA's magazine has interesting statistics on what factor causes the most motor vehicle accidents.

Eighty percent of motor vehicle accidents are caused by distraction.

Therefore if you consider other factors such as drinking and driving, you can deduce that speeding causes an infinitesimal number of vehicle accidents.

Therefore, why don't you ask politicians why they devote so much effort in punishing drivers who speed and are obviously not a danger to society, rather than spending more effort trying to stop real criminal activities?

Maybe the politicians are hooked on all that income?

BERNARD DERIBLE
HALIFAX

Cartoon by Michael de Adder



TORSTAR NEWS SERVICE FILE

WEIRD NEWS

What's in a name? $1 million, apparently


▶ The Tea Party

Windsor-area band The Tea Party may be feeling the temptation to sell the rights to their domain name to the U.S. political movement, according to the CBC.

A Bloomberg Businessweek report says the band's domain name, teaparty.com, could sell for as much as $1 million US.

The band, which split up in 2005, tells Businessweek they are considering auctioning off the domain name, or at least renting it out even though they aren't fans of the political Tea Party movement.

The band's tag line is "No Politics ... just rock 'n' roll." ● METRO

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Talk of the streets

Festival bringing in some big names to showcase this year ◐ The Word On The Street Festival takes place Sunday from 11 a.m. to 5 p.m.

BACKSTAGE PASS

JENNA CONTER
METRO HALIFAX



My junior high English teacher opened my eyes to literature through creative writing.

Sure, he was punishing me for not doing my assigned homework, but it worked. Thanks to the annual The Word on the Street Festival, literary lovers can get their fill of culture from local authors (including one such English teacher) and international talent.

Colleen Ritchie, the festival's executive director, told me she's excited to take this year's festival to the Halifax waterfront.

"Our goal is to showcase anything out there that is making people want to read or get excited about reading and writing literature," she said.

Taking a page from the past, the festival is re-introducing The Graphic Novel Zone, a stage that has been absent from the festival since 2005.

"Our new partnership with the Waterfront Development Corporation gave us additional stage space not only in the Maritime Museums but also Alderney Landing," Ritchie said.

The Halifax-only Pitch the Publisher is also back by popular demand.

"The publishers get ideas they wouldn't have heard and writers get a chance at a meeting they wouldn't otherwise get," she said.

New this year, the festival welcomes Joe Garden from The Onion and This Hour Has 22 Minutes star Mark Critch, who will kick off the festival tonight with The Canada/US Satire Summit.

"Thanks to a colleague of mine who had spent time interning at The Onion (cough, cough), we are thrilled to have Joe join us to talk about comedy writing," Ritchie said.

"Through the support of the community and my incredibly dedicated board, we've been able to really build a strong festival this year and we're looking forward to it."

"We've been able to really build a strong festival this year."
COLLEEN RITCHIE

Tickets

The Satire Summit takes place tonight at Neptune Studio Theatre at 7 p.m. Tickets are $20 for adults and $15 for students.

CONTRIBUTED



▶ People attending last year's The Word On The Street Festival in Halifax.

What an American knows about us

Joe Garden, speaking tonight at The Canada/U.S. Satire Summit at Neptune Studio Theatre, was asked to write what Americans know about Canadian politics.

"When I was first asked to write 10 things Americans 'knew' about Canadian politics, I settled in at my computer to get to work and rapidly hit a stumbling block. True to the stereotype, Americans don't know 10 things about Canadian politics. They barely know five.

Here are the five things Garden knows about the our political landscape:

1. Canadians are sophisticated because they are far more comfortable with the practical dollar coin than Americans, who largely view them with suspicion and amusement.

2. We're pretty sure you vote.

3. Barack Obama is the president of Canada. Of course this is not true. Canadian George W. Bush is the president.

4. Canadians are in terrible health because they have such a deeply flawed medical system.

5. Quebec is to Canada what Texas is to the United States. They speak another language and don't want to be part of the country.

METRO

2 scene

Neil Young



Neil Young's taking a look at his life for a new memoir.
The tentatively titled Waging Heavy Peace is scheduled for release in fall 2012, according to an announcement from publisher Blue Rider Press issued on Tuesday.
THE ASSOCIATED PRESS

HANDOUT



▶ Sarah Michelle Gellar

Multiple personalities

Sarah Michelle Gellar's new role in Ringer has her jumping wardrobes



AMBER RAY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Fans of Sarah Michelle Gellar have double the reason to tune in to her new drama, Ringer. In this relationship-driven thriller, the former Buffy the Vampire Slayer star plays identical twins — Bridget, a former addict who is on the run after witnessing a murder, and Siobhan, a New York City socialite with a seemingly perfect life. When Siobhan goes missing after the estranged sisters had just begun to reconcile, Bridget assumes her twin's identity, only to learn Siobhan was hiding more than a few dark secrets of her own.

That essentially means Gellar is playing three characters in the series — Bridget, Siobhan, and Bridget-pretending-to-be-Siobhan.

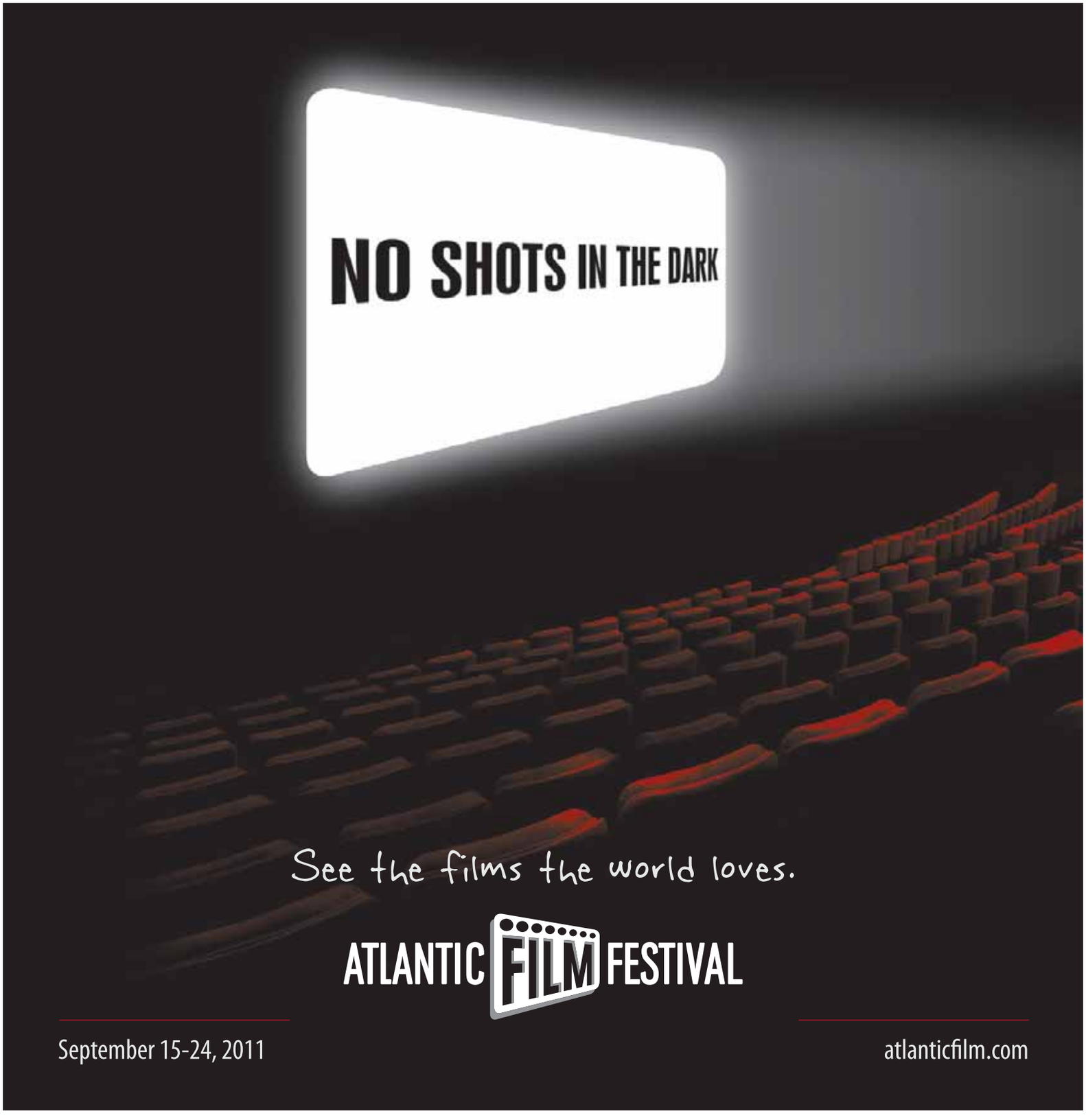
She's got a clear favourite.

"Whoever has the best wardrobe at the time," Gellar jokes.

Of course, it's a little more complex than Gucci versus Gap. Gellar relates playing the sisters to parenting children since "you have to love each one individually and understand (the one you're playing at the time)," she explains.

Ringers airs Fridays on Global.

Saskatchewan-born jazz musician wins John Lennon music writing competition



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Film Highlight

An American Werewolf in London *1981*
Friday, September 23 | Park Lane 3 | 11:59 PM

Let's be blunt...
John Landis directed one of the most important movies ever made.

Many credit AAWIL as being the movie that ushered in the horror comedy genre and its "star" is widely considered to be Rick Baker's special effects. In fact, the effects were so mind blowing that the Oscars created an awards category to recognize their importance. The King of Pop himself liked this movie so much that he called Landis to make a video for one of his songs. This clip became the most influential music video of all time. AN AMERICAN WEREWOLF IN LONDON is a lot of things to a lot of people and like a stone being tossed into a stagnant lake, the ripples it created are still being felt in Hollywood 30 years later.

While wandering the English moors on vacation, college yanks David (David Naughton) and Jack (Griffin Dunne) happen upon a quaint pub with a mysterious patronage who warn them not to leave the road when walking after dark. Irreverent of such advice as characters in horror films always are, the two decide to find a short cut....David wakes up in the hospital with a nasty bite wound to his shoulder; the freshly deceased, and rapidly decomposing, Jack arrives soon after to deliver the grim news that, unless he commits suicide, David will become a werewolf when the moon is full. David dismisses the encounter as a hallucination, but all indicators point to lycanthrope; evenings of barking and bloodletting follow closely behind.

Closing Night

Afghan Luke
Saturday, September 24 | Park Lane 8 | 7:00 PM
Saturday, September 24 | Park Lane 7 | 7:05 PM

Closing Night Party

Saturday, September 24 | Brewery Market | 1496 Lower Water Street
9:00PM | **$15.00**

This year's Closing Night Party–under the stars at the Keith's Brewery Market–features dancey DJ Motlette and her oh-so-sweet sets.

Thursday, September 22

31st Atlantic Film Festival

September 15–24, 2011

Hey there, Halifax –

How you going? Feeling the Festival winding down, perhaps? Not so soon! You've still got to taste the sweetness of the That's So Gay-La Friday night. And then of course, the Closing Night Party Saturday hosted at Keith's Brewery Market. Tickets for both are available at Box Office or **www.atlanticfilm.com**.

This afternoon, pop by Festival Lounge for the SONY Open House between 12 and 3PM. And after soaking in a few movies, like the repeat screening of *Roller Town* or *Crazy Wisdom* (both tonight), come on back to the Lounge to schmooze for Crew & Industry Night. Don't make us twist your arm–double Martinis are $5 from 4-10PM.

Friday, make sure you catch the CBC Shorts repeat screening. And for some full-length features, try *King of Devil's Island* or the *Roger's Special Presentation: Damsels in Distress*.

Saturday is the end, friends. Don't miss the 31st Atlantic Film Festival Awards Rewards Reception at Pacifico Lounge at 5PM. And then skip on down to the Keith's Brewery Market to dance the night away for Closing Night.

How's that, folks?

A big kiss,

The Atlantic Film Festival

Today's Screenings

Repeat: Being Elmo: A Puppeteer's Journey
Thursday, September 22 | Oxford Theatre | 12:00 PM

DAL Retrospective: Plan 9 From Outer Space
Thursday, September 22 | Dal Art Gallery | 5:00 PM

Le Havre
Thursday, September 22 | Oxford Theatre | 7:00 PM

Cafe de Flore
Thursday, September 22 | Park Lane 8 | 7:00 PM

Shorts 4
Thursday, September 22 | Park Lane 7 | 7:05 PM

Terri
Thursday, September 22 | Park Lane 4 | 7:10 PM

Repeat: Crazy Wisdom
Thursday, September 22 | Park Lane 3 | 7:15 PM

Repeat: Roller Town
Thursday, September 22 | Park Lane 8 | 9:20 PM

Shorts 5
Thursday, September 22 | Park Lane 7 | 9:25 PM

Starbuck
Thursday, September 22 | Park Lane 4 | 9:30 PM

The Turin Horse
Thursday, September 22 | Oxford Theatre | 9:30 PM

Verona/August
Thursday, September 22 | Park Lane 3 | 9:35 PM

The Woman
Thursday, September 22 | Park Lane 3 | 11:59 PM

Friday's Screenings

The Guard
Friday, September 23 | Oxford Theatre | 7:00 PM

Damsels in Distress
Friday, September 23 | Park Lane 8 | 7:00 PM

Circumstance
Friday, September 23 | Park Lane 7 | 7:05 PM

Jig
Friday, September 23 | Park Lane 4 | 7:10 PM

Repeat: CBC Atlantic Shorts Gala
Friday, September 23 | Park Lane 3 | 7:15 PM

The Swell Season
Friday, September 23 | Park Lane 8 | 9:20 PM

Project Nim
Friday, September 23 | Park Lane 7 | 9:25 PM

Bellflower
Friday, September 23 | Park Lane 4 | 9:30 PM

Repeat: Atlantic Shorts 5
Friday, September 23 | Park Lane 3 | 9:35 PM

King of Devil's Island
Friday, September 23 | Oxford Theatre | 9:30 PM

An American Werewolf in London *1981*
Friday, September 23 | Park Lane 3 | 11:59 PM

*Visit **atlanticfilm.com** for the full schedule*

Festival Lounge

Presented by: super CHANNEL

Niche Supper Club | 1505 Barrington Street
Friday, September 16 – Friday, September 23 | 12PM – 12AM

Superchannel Happy Hour:
4:00PM – 6:30PM & 11:00PM – close
Must be 19 years of age – IDs required

Events:
That's So Gay-la Presented by OUTeast
Friday, September 23 | 9:00PM – 2:00AM
$10 at door / free with ticket to **Circumstance** or Delegate badge



See here, this fun? It's coming back. Closing Night.
PHOTO CREDIT CHRIS GEWORSKY

HANDOUT



▶ Maria Bello stars in Prime Suspect, which airs tonight on Global

Proving herself

Bello has nothing but love for her new show, Prime Suspect

AMBER RAY
SCENE@METRONEWS.CA

Make no mistake — Global's Prime Suspect is not a remake of the classic British crime thriller starring Helen Mirren.

Aside from title, what it borrows from its overseas counterpart is a strong, yet flawed, central character determined to prove she's a damn good homicide detective, no matter what the men in her squad think of her.

On the eve of the big premiere, we caught up with star Maria Bello, who plays Detective Jane Timoney with an absorbing wit and attitude — thanks in part to her very own addition to the costume.

Does the title Prime Suspect help create buzz or draw criticism from fans of the British series?
You know, we've been so lucky in a way. People have recognized immediately that it's a way different show. So then the comparisons stop.

Did you have any apprehensions stepping into this role?
Before I took the job, I said no to it. I was scared of being put in some sort of a box and not being able to be collaborative or creative, which often happens in TV. I didn't want to not see my son; my friends who work on these kinds of shows sometimes work 14 or 5 hours a day. I met the producers — Pete Berg, Sarah Aubrey, Alex Cunningham, they're so brilliant — and they said to me, "It won't be like that. We trust you to create this character how you see this character and collaborate with us. And you'll never work more than 12 hours a day and you will have a life." And they've lived up to their promises and it's just the most extraordinary job I've had.

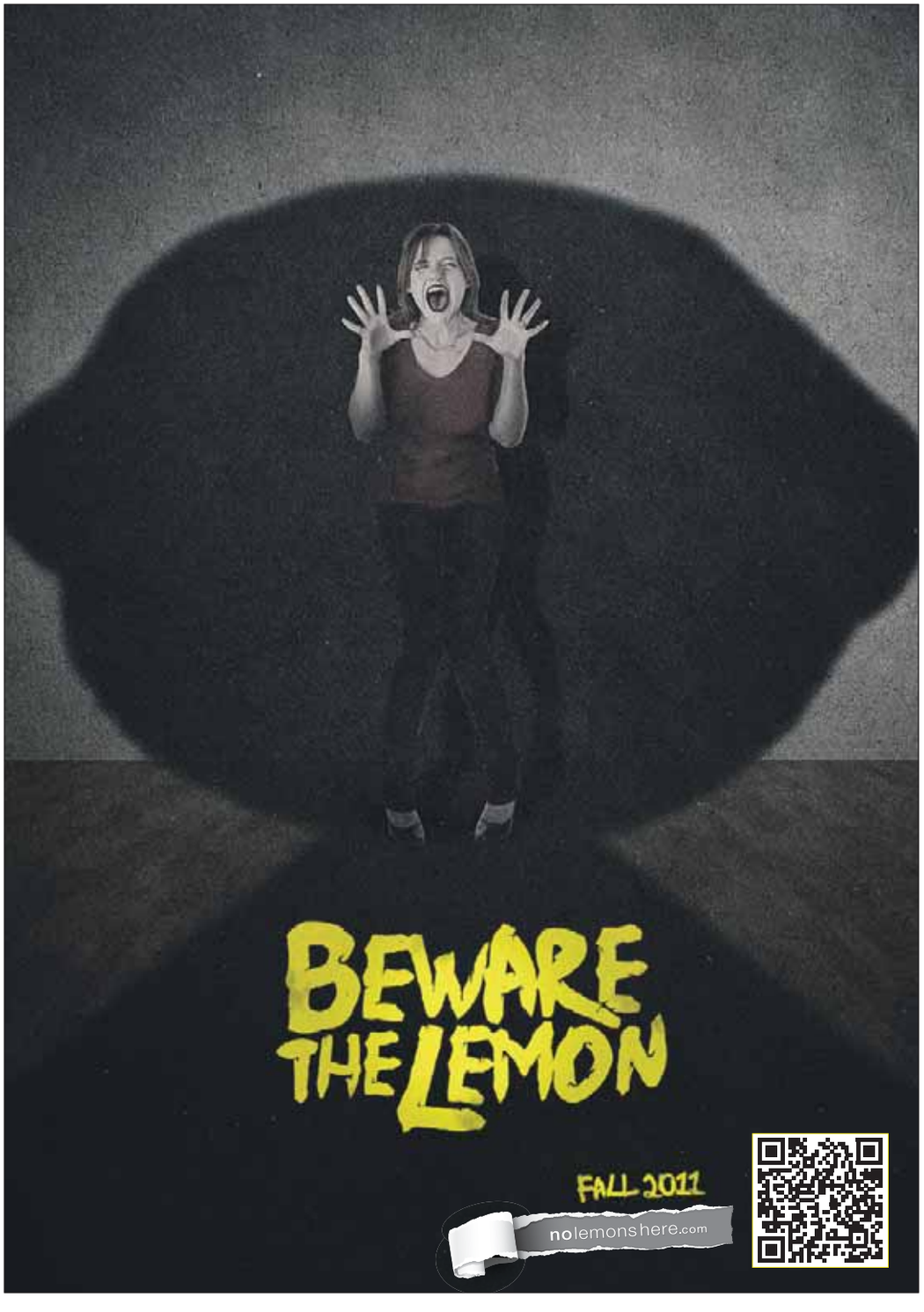
Can you talk about making Jane Timoney your own character? Details like her scarves and the hat and smoking — how much input did you have in those little things that are so much a part of her?
The brilliant Amy Stofsky, the costume designer, she and I had the exact same idea for the clothing, which is an updated Katharine Hepburn. You know, that kind of male-female look that she's really feminine, but at the same time wears these kind of sexy men's clothes. And I went in that direction and at first the (producers) were like, "Well, uh, I don't know." But I really fought for it and said, "Listen, she has her own style. I know great policewomen, as well as men, who have great style."

"I think Jane's unapologetic. She's direct, she's honest to a fault, perhaps.
MARIA BELLO ON HER CHARACTER IN PRIME SUSPECT

How much does putting on that hat help in "becoming" Jane?
The hat — my dearest friend Claire gave it to me a year ago. She took it off her head and put it on my head and said, "This belongs to you." And as soon as I was reading the character of Jane I knew she was supposed to have that hat on. And when I put that hat on, like the publicity says, "Cop an attitude." I feel like I have the biggest attitude in the world. It kind of makes Jane, Jane.

And I'm enjoying the controversy (over the hat). Actually it's not controversy, one guy said it and people have picked up on it, which is bizarre. You know like, "Oh, some people are distracted by the hat," which I think he was. But anyway, I like it because I think that exactly tells who Jane is. She doesn't give a (expletive) who likes her hat or not.

Speaking of becoming Jane, how much do you get beat up shooting this series? There are some pretty rough scenes in the pilot.
Yeah, it was actually very funny shooting (one fight scene in the pilot) because at one point, I really did hit my head on the sidewalk. Pete Berg came running up, he's like, "Yo, dude, I know you just hit your head but that was awesome and that's the take we're using!" And it just made me laugh.



Good morning Angels

New Charlie's Angels series heads to Miami with reboot

Miami is the new city of angels — at least the city of Charlie's Angels.

ABC is jumping into the reboot game this fall with an updated version of the classic series that kicks off the network's Thursday night prime-time lineup. Moving its setting and production from Los Angeles to South Florida, the new show gets a fresh start in a new city.

The remake tries to distance itself from the camp of the 1970s version, striving to be a more grounded action series. The first episode begins with two Angels — a former thief played by Rachael Taylor and a disgraced police officer played by Annie Ilonzeh — seeing the third member of their team killed during a mission.

Their boss Charlie Townsend and his assistant Bosley — played by Ramon Rodriguez — persuade the survivors to recruit a new Angel, a street racer played by Minka Kelly.

35

The first episode of the new Charlie's Angels is scheduled to air at 7 p.m. ET Thursday on CTV, the 35th anniversary of the original's premiere.

With Drew Barrymore — an Angel in the 2000 and 2003 films — serving as an executive producer, the show was developed by Al Gough and Miles Millar, the duo behind the hit WB show Smallville, which followed the exploits of a young, pre-Superman Clark Kent. ABC had been planning to bring back Charlie's Angels for several years when Gough and Millar got involved last spring.

They acknowledge that fans have certain expectations and will scream if they aren't met.

The original Charlie's Angels was a cultural phenomenon when it debuted in 1976, making stars of Farrah Fawcett, Kate Jackson and Jaclyn Smith.

Fawcett proved particularly popular, with boys posting her iconic poster in their rooms and girls copying her feathered hair.

"When you say you're going to reboot Charlie's Angels, you certainly are just hanging a big target on your back," Gough said. "What you want to do ideally is reconnect with an audience that loved the show when they were younger and also bring new fans to it."

THE ASSOCIATED PRESS





Brad's marriage comments have team Jen fuming

Source says Aniston's handlers 'went ballistic' after Pitt's interview appeared in Parade Magazine Brad's apology not enough

Jennifer Aniston wasn't pleased with ex-husband Brad Pitt's comments to Parade magazine about their marriage last week, according to Us Weekly.

"She was annoyed. She thought it was rude and inappropriate," a source says.

But her team of handlers and publicists "went ballistic" — and haven't been satisfied with Pitt's mea culpa after the fact, according to another source.

"No one believes his words were taken out of context. He said what he said"
SOURCE CLOSE TO ANISTON

"No one believes his words were taken out of context. He said what he said," the source says. "We think he's jealous she's in love." METRO

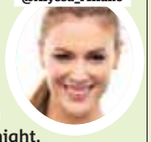
PHOTOS: GETTY IMAGES



▶ Brad Pitt and Jennifer Aniston during happier times.

Celebrity tweets

@Alyssa_Milano



"Good morning /afternoon /evening/night. Wherever you are in your day, I hope you're laughing."

@WilliamShatner



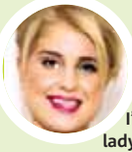
"I'm doing a series of one-man shows across Canada starting in October."

@hughhefner



"I won't be making any guest appearances on The Playboy Club, because the show is set in the early 1960s."

@MissKell0



"Why do I keep reading articles that I have a boyfriend? I'm a single lady & to be honest kinda loving it!"

Beyoncé has the baby glow

Beyoncé is enjoying every moment of being pregnant, she tells CNN UK.

"I am having so much fun, it has been the most fun time now that it has been announced," says the singer, who unveiled her baby bump at last month's MTV VMAs.

"It was really difficult to conceal.

"But now I can be proud and excited about it. I'm having so much fun shopping.

"It's great!"
METRO



WORLD'S MOST ADVANCED ALL-WHEEL CONTROL SYSTEM

London at its best

Famous faces, fabulous frocks and fête-happy fashionistas flooded London this past week in search of the swankiest shows We honour five of London Fashion Week's greatest hits

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES



BEST TAKE ON SPORTY: NICOLE FARHI

Spring's biggest trend has looked a bit young and junior at some shows. But Farhi made it look clean, polished and cool for 9-to-5ers who can't necessarily get away with wearing see-through mesh jerseys and patchwork leggings in the office. Her clean, crisp, minimalist shorts, blouses and dresses in white- and lemon-coloured cotton made a strong case for simplicity.

GETTY IMAGES



BEST PARTY ATMOSPHERE: TOPSHOP UNIQUE

Philip Green's high street extravaganza feels like a hotter and hotter ticket with each season. A pre-show cocktail hour filled with snacks, bubbly and famous faces (Anna Wintour, Naomi Campbell and Kelis) set the stage for what ended up feeling like one big party. The clothes were a clever mix of urban street wear and opulent Egyptian references.

CATWALKING.COM



NEW NAME TO KNOW: J.W. ANDERSON

The Brit has only been designing women's wear for a little over a year, but is already on the tongues of nearly every major editor. The biggest selling point: Unusually constructed clothing that boasts rarefied craftsmanship, at affordable prices. Keep an eye out for his patchworked leather, mesh and cotton jackets and trousers.

GETTY IMAGES



BIGGEST CROWD PLEASER: CHRISTOPHER KANE

He showed a subversive take on those lady-like, A-line brocade dresses that dominated the '60s by slicing them and inserting sheer panels, tricking them out with crystal embroidery and plastering them with plastic flowers (kind of like your grandmother's old shower curtains.) They were expertly constructed and looked unlike anything else shown in the past two weeks.



MOST SURPRISING: BURBERRY

It was a bit of a shock to see models walk down Burberry Prorsum's runway in wild wax prints and traditional African shapes. This is Burberry, after all, a brand that waves its old English heritage around like the friend you have who never misses a chance to remind you that she's a descendant of [insert name of old, titled, moneyed family here.] That said, the new look breathed some life into the house's repertoire.

3 life

Top of the Totes



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Brenda tote

$150, dianevon furstenberg.com



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Jeanne Space

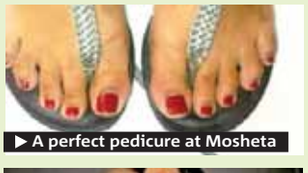


In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV. JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

@Jeanne_Beker:
Wandered into Mosheta on Queen W + advised a woman on toenail colour! OPI 'Chat Room Rendez Vous'

- @hommesurlalune That's where I go! Forcing Fall on my fingers ;) xo
- **@Jeanne_Beker** Very cool!!! Especially for those who have a hard time choosing a colour.



▶ A perfect pedicure at Mosheta



▶ The fancy fingers of hommesurlalune

West Hollywood moves toward ban on fur sales but leather isn't affected

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DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



With cherries and rhubarb, this compote comes together perfectly.

Meanwhile, a little crust on the pork tenderloin gives it a golden brown colour and great texture.

Serve this up as an appetizer, however it makes an easy dinner as well with your favourite pinot noir.

EMILY RICHARDS



▶ This recipe makes about 24 pieces.

Preparation:

1. Cherry Rhubarb Compote: In saucepan, combine rhubarb, cherries, brown sugar and butter over medium heat and stir occasionally until butter is melted. Cover and cook for 5 minutes. Stir and remove from heat.
2. Meanwhile, in shallow dish combine breadcrumbs, parsley, garlic and thyme. Spread mustard all over pork tenderloin and sprinkle with salt and pepper. Roll and press breadcrumb mixture all over pork tenderloin.
3. In oven proof skillet, heat oil over medium high heat and brown tenderloin on all sides. Place skillet in 400 F (200 C) oven for about 20 minutes or until hint of pink remains and thermometer inserted in tenderloin reaches 155 F (68 C). Let stand 5 minutes before slicing.
4. Serve 1 pork slice on baguette slice and top with compote. Repeat with remaining pork, baguette and compote.

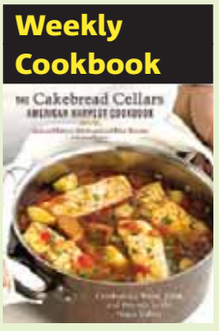
Ingredients:

- 1/4 cup (50 mL) panko breadcrumbs
- 1 tbsp (15 mL) chopped parsley
- 1 clove garlic, minced
- 1/2 tsp (2 mL) chopped fresh thyme
- 2 tsp (10 mL) Dijon mustard
- Pinch each salt, pepper
- 1 pork tenderloin, about 12 oz/375 g
- 1 tbsp (15 mL) canola oil
- 1 baguette, sliced

Cherry Rhubarb Compote:

- 1 cup (250 mL) chopped fresh rhubarb
- 3/4 cup (175 mL) halved pitted cherries
- 2 tbsp (25 mL) brown sugar
- 1 tbsp (15 mL) butter

Weekly Cookbook

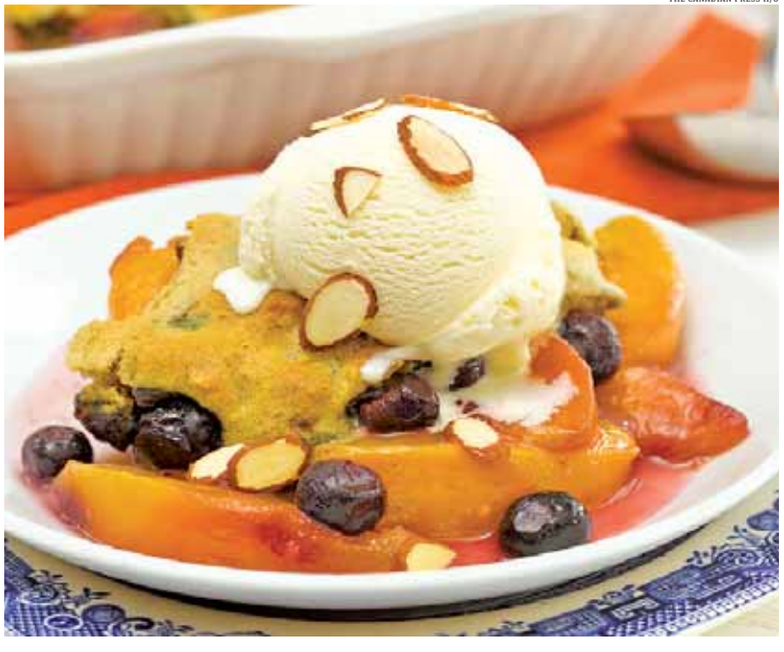


Every September during harvest season, the Cakebread team invites five up-and-coming chefs and local farmers to its winery for tasting, cooking and sharing.

In The Cakebread Cellars American Harvest Coobook, Jack Dolores and culinary director Brian Streeter present 100 recipes and wine pairings developed by these chefs.

Among the dishes are: Autumn Squash Soup with Puff Pastry, Roast Halibut with Chorizo and Spicy Tomato Broth, Barley-Mushroom Risotto, Moroccan Lamb, Four-Cheese Cheesecake with Strawberry-Rhubarb Compote and more.

THE CANADIAN PRESS H/O



Fruit of the Day Cobbler

Why call this Fruit of the Day Cobbler? Because you can use any seasonal or farm stand fruit you love. Try apples and pear in the fall and strawberries with rapsberries in the spring.

You can also try sliced peaches, pears or apples, a mixture of sliced peaches and bluebrries, a mixture of sliced apples and dried cranberries, a mixture of blueberries, blackberries, strawberries and raspberries.

Serve the warm cobbler with low fat frozen yogurt or light ice cream spooned over the top.

This yummy dessert is definitely a kid-friendly recipe.

Preparation:

1. Preheat oven to 190 C (350 F). Arrange fruit in bottom of 23-by-23 cm, 20-by-20 cm or 28-by-18 cm (9-by-9 inch, 8-by-8-inch or 11-by-7-inch) baking dish.
2. Sprinkle 30 ml (2 tbsp) of sugar over fruit. Set aside. In bowl, combine flour, baking soda, cinnamon and salt. Mix with fork and set aside.
3. In mixing bowl, beat butter and remaining 75 ml (1/3 cup) sugar until blended and smooth. Beat in egg and vanilla. Beat in half of the flour mixture. Beat in milk. Beat in remaining flour mixture and almonds.
4. Drop spoonfuls of batter on top of the fruit, leaving a 1-cm (1/2-inch) border all around the edge of the dish to leave room for expansion.
5. Bake for 40 until top is golden brown and fruit is tender and bubbly. Let cool 5 to 10 minutes before serving topped with frozen yogurt, if using.

THE CANADIAN PRESS/ ALMOND BOARD OF CALIFORNIA

Ingredients:

- 1 l (4 cups) fresh fruit or frozen fruit (about 1 kg/2lb) partially thawed if frozen
- 75 ml (1/3 cup) plus 30 ml (2 tbsp) sugar, divided
- 250 ml (1 cup) all-purpose flour
- 5 ml (1 tsp) baking soda
- 5 ml (1 tsp) cinnamon
- 1 ml (1/4 tsp) salt
- 50 ml (1/4 cup) butter, softened slightly
- 1 large egg
- 5 ml (1 tsp) vanilla extract
- 50 ml (1/4 cup) milk
- 125 ml (1/2 cup) chopped whole natural almonds
- 500 ml (2 cups low-fat frozen yogurt (optional)

Heirloom linens back en vogue

- Craftsmanship and uniqueness of fine old linens is drawing decorators who like to mix old and new
- Place a vintage quilt on a modern slab bed or dress an antique lace tablecloth with chic tableware

Contemporary home decor is yielding a little this season to a more traditional style evocative of the Edwardian and Victorian eras.

We're seeing steamer trunks used as tables, Victorian illustrative prints and wallpapers, and new versions of period furniture.

If you're interested in experimenting with this look without going all in, consider vintage linens.

Once considered an important part of a woman's personal belongings, vintage cotton and damask napery, bed and bath linens are often wonderful examples of the loom and needle arts.

Textile weaving, lace tatting and embroidery could take craftspeople hundreds of hours; the resulting pieces were treasured, loved and passed along through families.

And sooner or later, some are given up to the marketplace, for new owners to enjoy.

J. BOULAY/THE ASSOCIATED PRESS



▶ A hand-embroidered pillowcase done by the Mazzarone workshop in Venice as featured in The Book of Fine Linen.

Kate Middleton's dress

"A woman would have her personal and household linens embroidered with her initials because they were part of her personal wealth, and went with her when she married."

English-born Anna Redgrave of Annapolis Royal, N.S., owns Highland Lace, a vintage linens web shop.

Her lifelong passion for antique textiles was nurtured by her grandmother, a member of the Royal Needlework Society and a seamstress at Buckingham Palace.

"She was responsible for finding and sewing all the embellishments on the ball gowns," says Redgrave. The Society was the same group that, 60 years later, made the overlay of lace on Kate Middleton's dress.

Redgrave sells lace curtains, embroidered linen napkins, cutwork cotton cloths and a variety of items crafted of repurposed linens, from the turn of the century through the 1950s.

Where and what to look for

There's a large vintage-linen fan base, Redgrave says, and French monogrammed pieces, linen napkins and vintage lace hankies sell out fast.

"Monogrammed pieces were usually handed down, so they're highly valued," Redgrave says.

Jane Nicholson (mrsnicholson.com) is a designer and decorator also based in Annapolis Royal. She looks for linens with a nice weave. "If you're buying '40s and '50s tablecloths, look for good workmanship and strong colour."

Flea markets, tag sales, estate auctions, thrift shops and vintage stores are all good sources, but try to glean the provenance of your find. To whom did the piece belong? Was it part of a trousseau? "Information like that makes the piece come alive," says Nicholson.

THE ASSOCIATED PRESS

Previously loved

If you find a linen item you like but it's not in the best of shape, don't pass it by.

- **Torn seams** and holes can be darned; a stain can be hidden with a clever fold; a large piece can be cut and the salvaged remnant made into a pillow or mounted under glass.
- **Use vintage lace-edged sheets** as curtains, bedspreads, even room dividers.
- **Put embroidered hand towels** in powder rooms. They serve well as wine glass towels, too. Have a tailor make them into little pillows or baby quilts if you don't sew yourself.

FLAMMARION/THE ASSOCIATED PRESS



Sheet secrets: Francoise de Bonneville's in-depth look at the history and range of household linens, was recently republished in English by Flammarion (2011).

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THURSDAY, SEPTEMBER 22, 2011

Active & Living the Good Life:

50 PLUS



PHOTODISC/THINKSTOCK

Add some shine to your golden years

Active lifestyle can help tackle increasing challenges **It's important to stay physically and mentally sharp**

JON TATTRIE
FOR METRO

For many of Canada's 50-plus citizens, avoiding a rocking chair retirement is critical. Staying physically and mentally active can add a lot of shine to your golden years.

Joy MacKay is a member of the Nova Scotia 55+ Games Society, which runs a sporting event for older Nova Scotians every two years. This year's event in Kings County is expected to draw 400 people.

"One does not stop playing because they get old — they get old because they stop playing," MacKay says. "We want to keep fit, active and have fun at the same time."

The games range from mental activities like bridge and the "mind games" section featuring sudoku, crossword puzzles, cryptoquote and lexicon to physical activities such as tennis, bowling, hockey and curling.

The competitions are organized by age group (competitors range from 55 to a 98-year-old bowler) and MacKay says it's a good idea to get involved at a young age. "And then as they progress through it, they're already comfortable with it and will stay with it."

MacKay says taking part in the events, whether at the games or with friends at home, boosts quality of life. "There are more challenges as you grow older, especially if you have physical problems or you don't have the ability to drive yourself places," she says. "Transportation is a big issue for seniors."

Joining group activity increases the chances someone can drive you, or that you can organize group transport.

MacKay says the mental side is important, too. "It's important to keep active, or they can get isolated and become more isolated and more isolated and then go into depression. It's a big concern if your spouse dies and you're living alone."

Seniors today are blazing a trail more and more Canadians will follow. Statistics Canada reports that Canadians aged 65 and older made up less than five per cent of the 1920 population.

Today, they account for 12.5 per cent and estimates say that will reach 25 per cent by 2040.

Brain exercises

The Alzheimer's Society of Canada says regular brain exercise creates new connections and reduces the risk of developing the condition. It recommends playing chess, word and number puzzles, jigsaws and memory games to challenge your mind. Learning a new musical instrument or taking a class also helps.

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CREATAS IMAGES/THINKSTOCK



Ensuring comfort

Dialogue needed beforehand to plan for palliative care

JENNA CONTER
FOR METRO

In an effort to maintain the physical comfort of a loved one during their final months, families, according to VG hospital health services manager Dr. Peter MacDougall, need to plan ahead for palliative care.

"Palliative care is ensuring comfort and care, perhaps near or at the end of life," MacDougall said.

"A big part of what we do is look after complex pain and symptom management and the end of life."

Whether the loved one remains at home or is admitted to a palliative care floor, MacDougall insists that no matter how difficult the conversation will be, it's necessary to organize a meeting with a care consultant to alleviate the stress of creating the care plan.

> **"To have that dialogue with an experienced consultant creates a sense of peace for families."**
>
> DR. PETER MACDOUGALL, HEALTH SERVICES MANAGER

"We often facilitate those conversations trying to get that done and out of the way," MacDougall said. Adding that if the loved one is not mobile enough to visit the hospital, there are consultants that will make house calls.

"To have that dialogue with an experienced consultant creates a sense of peace for families," said MacDougall. "We make sure their financial arrangements are made for a funeral; that they completed a will; the plan for when the loved one crashes, what the do-not-resuscitate (DNR) status will be."

Once treatment options have run out and the patient has been told by their specialist that death may be near, the families are advised to schedule a meeting with a palliative care consult to begin preparations.

"We outline the goals of care with the families and the patient," MacDougall said. "This avoids getting that call that mom or dad has crashed, and not having a lawyer or a will, there's a lot of energy focused on getting this to happen and that should be on caring and serving your loved one."

Participants Needed For Vaccine Research

A clinical trial is a research study done to see if a new drug or vaccine to prevent or treat disease is safe and effective for people to use. At the Canadian Center for Vaccinology, based at the IWK, we do studies of new vaccines to prevent infections like meningitis and pneumonia.

We are looking for volunteers who may be interested in participating in future vaccine studies.

We are looking for pregnant women, infants, children and adults of all ages.

We would like to collect your name, contact information and vaccine and medical history to be added to our participant database. When a study is ready to begin, you may be contacted to see if you are interested and eligible to participate in the study.

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To thank you for your willingness to be part of our participant database and to possibly be contacted about future studies, your name can be entered into a draw for a grocery store gift card.

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For more information, please contact Alyson or Amal at 457-6378

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Elderberries reach out

"For some of the younger generation, they don't even remember the things that we fought against," says Lynn Murphy, 64.

"They've grown up under human rights coverage that protects them in terms of employment."

Murphy has seen many changes in terms of gay rights, from the decriminalization of homosexual acts in Canada in 1969 to the 1991 amendment of the Nova Scotia Human Rights Act to include protection against discrimination based on sexual orientation.

Nowadays, older members of the rainbow community have a social group where they can connect. The Elderberries is a chapter of the Nova Scotia Rainbow Action Project for gays, lesbians, bisexual, and transgendered people who are 50 and older.

"It's for elders who may be isolated in the community, who don't feel like going to the bars anymore, and some people have had their partners die and they're lonely," Murphy said. "This would be helpful to provide a social outlet for the older group."

Solving the concern of losing touch with fellow members of the community, Murphy and her fellow Elderberries prepare for future issues such as entering a nursing home.

JENNA CONTER

Mailing list

The Elderberries were founded in 2010 as a way to connect 50-plus members of the LGBT community. With a little more than 100 members, the Elderberries are encouraged by the history of the LGBT community in Atlantic Canada. The group hosts discussion groups and lectures about legal and medical topics. Always happy to accept new members, the group can be reached at nselderberries@gmail.com for more information about meetings or just to be added to the mailing list.

CONTRIBUTED



▶ Although Gordon Heffler retired recently, he is staying busy volunteering.

A new adventure

Volunteering now part of Gordon Heffler's life

JON TATTRIE
FOR METRO

For many people, retirement is not only the end of one job, it's also the start of a whole new adventure.

Gordon Heffler worked for years behind the scenes in radio before retiring recently. At 64, he decided it was time to give it a go on air with the Northwood Broadcasting Club in Halifax's Northwood's Edward L. Roach Centre for Living.

"I do some volunteer broadcasting with Seaside FM as well. I have a lot of fun on the air interacting with the listeners," he says.

"I'm the new kid on the block at 64. I'm the young fellow," he laughs. "They go right up to their 80s."

The recently revamped studio broadcasts live daily from 10 a.m. to noon via Eastlink Television. It reaches 300,000 homes in Nova Scotia and P.E.I. and offers news for seniors and lots of classic music.

While diving into something totally new is exciting, it could also intimidate some people. Heffler says they shouldn't worry. Most places, like the Northwood Broadcasting Club, have a program to welcome new volunteers. At Northwood, volunteers are fully trained off air (or behind the scenes if they want to answer the phone or handle the massive music library) before going live.

"It's about personal satisfaction, mostly — when those listeners call and say 'We're loving it!', that's the reward you get. You're bringing some happiness to someone else," Heffler says.

"This phone line, come about three minutes from now, will be jammed with seniors from all over the (Maritimes) trying to get their request on today."

Hours per year

According to the National Seniors Council, Canadians aged 65 and older were the age cohort least likely to volunteer. About 36 per cent of seniors volunteer, compared to 58 per cent of people aged 15 to 24. However, those volunteering seniors averaged 218 hours a year, compared to 138 for those aged 15 to 24.





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HEMERA/THINKSTOCK



Taking care of Business

Plan to decide what your retirement will look like

JANE DOUCET
FOR METRO

If you are in the 50-plus age bracket and looking at your investments today, you are probably concerned about the volatile global financial markets. But experts say there is no need to panic.

"It's natural to feel nervous when the markets turn bumpy and your investments look like they're losing altitude," says Christopher Stewart, a financial adviser at Edward Jones' Halifax branch office. "The best response is to keep your emotions and your investment strategy steady."

Stewart offers the following retirement planning tips:

Make a plan. If you haven't done so already, you must decide what your retirement will look like. Will you work part time? Volunteer? Travel? Sell the house and move to the cottage or an apartment? "Then a certified financial adviser can help you define how much money you'll need to meet your goals," says Stewart.

Pay yourself first. Start putting or continue to put a set amount of money aside for retirement on a regular basis in an RRSP or a tax-free savings account.

Create a debt-repayment plan. "As people get closer to retirement, the goal is to have less debt, not more," says Stewart.

Stay the course. Stock market declines are a normal part of investing; the good news is that what goes down will come up again.

"To achieve long-term financial success, we recommend buying and holding diversified quality investments," says Stewart.

Highs and lows

- The good news about market fluctuations is that bigger drops happen less often than small ones. Here's a snapshot:
- Since 1977, the Canadian stock market has dipped five per cent or more three times a year (all figures are on average).
- A 10 per cent drop happens every 1.3 years.
- A 20 per cent drop happens every 3.8 years

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Red flags

Seniors tend to be a key target for fraudsters **Don't succumb to pressure tactics or demands for money**

JON TATTRIE
FOR METRO

The phone rings and a crackly voice says, "Hi grandpa, it's your grandson Liam. I'm on a school trip to Belize and I need some help." Your grandson Liam is on a school trip in Belize, but chances are this is a scam.

Ian MacDonald works with the Rotary Club's ABCs of Fraud program (abcfraud.ca), which offers presentations on things like the "grandparent scam."

"Seniors tend to be a key target for fraudsters," he says, because they have savings and are often home when the phone rings.

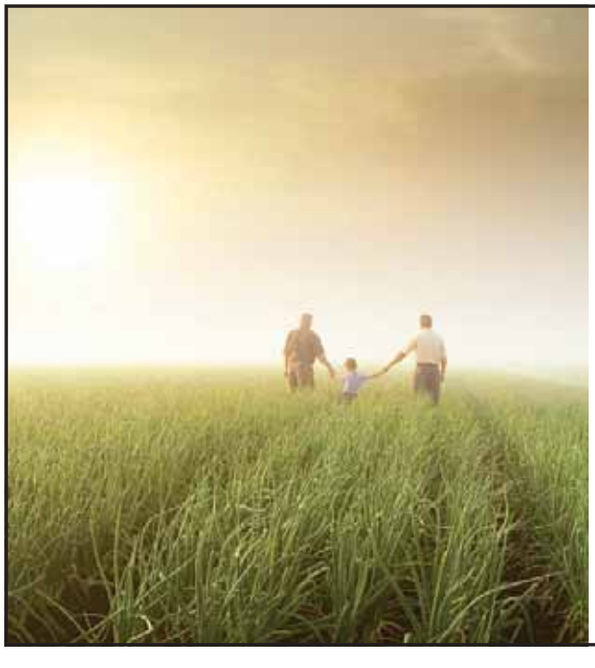
With the "grandparent scam," your "grandson" may sound legit — if on a bad line — and have lots of knowledge about the family. But that could be because your real grandson has an open profile on Facebook and excitedly announced he was going to Belize. Scammers spot this, see you tagged in family photos (even if you are not on Facebook), look up your number and start trying to extract money.

MacDonald says identity theft is another problem. Don't carry your social insurance number, birth certificate or passport in your purse or wallet. If fraudsters get their hands on it, they can cause immense problems.

MacDonald says red flags are pressure, requests for money or demands for secrecy. Take a moment to contact your family, the RCMP or police fraud sections and run the story by them. It could save you a world of grief.

Resources

There are many online resources about popular scams. Check out the Halifax police notices on scams at halifax.ca/Police/Fraud or the federal government's advice at the Anti-Fraud Centre (antifraudcentre.ca.) You can take a fraud quiz or book the ABCs of Fraud speakers at abcfraud.ca/. The RCMP's Lise Hamel (lise.hamel@rcmp-grc.gc.ca) also offers talks.



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Living the good life takes a lot of effort and planning, but it's worth it. The rewards hopefully include a long and full life before the final goodbye of a funeral.

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While some people may be uncomfortable planning their funeral services, it is something that must be looked after.

"Like anything in life, it's better to learn about it, plan for it and be ready for it," says Ian MacDonald, the assistant sales manager with Dignity Memorial.

In the metro area, the J.A. Snow Funeral Home, Cruikshank's Halifax Funeral Home and A.L. Mattatall Funeral Home all fall under the Dignity Memorial umbrella. Across North America, Dignity Memorial serves more than 300,000 families a year.

Studies also show the death of a spouse or a family member rank as one of the most stressful times in somebody's life, so it's important to make decisions well in advance.

Funerals have long had an important role in society.

"This part of life is meant to be helpful," says MacDonald. "It's meant to help the living make a transition from life with someone they love to life without."

The services offered by Dignity can be personalized. The wide ranges of options are things people and families have said work well.

The company is also active in the community and is involved in various charitable causes, including the N.S. Fire Fighters Burn Treatment Society and local hospices.

This caring nature is something ingrained in the staff, says MacDonald.

"Our funeral homes are managed and run by local people. We have a passion for looking after our families," he says. "We strive to exceed their expectations. Our core value is caring for people."

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Dignity Memorial offers an unparalleled range of services, including CPP Death & Survivor Benefits, a 24-hour compassion help line and estate fraud protection.

With the hotline, when traditional family or clergy support is unavailable, people can use the toll-free help line for up to one year to speak with professionals who are specifically trained in grief counselling.

Dignity Memorial also provides free Planning Ahead seminars and a comprehensive free Personal Planning Guide to help families plan for life's final goodbye. For more information, go to dignitymemorial.com.



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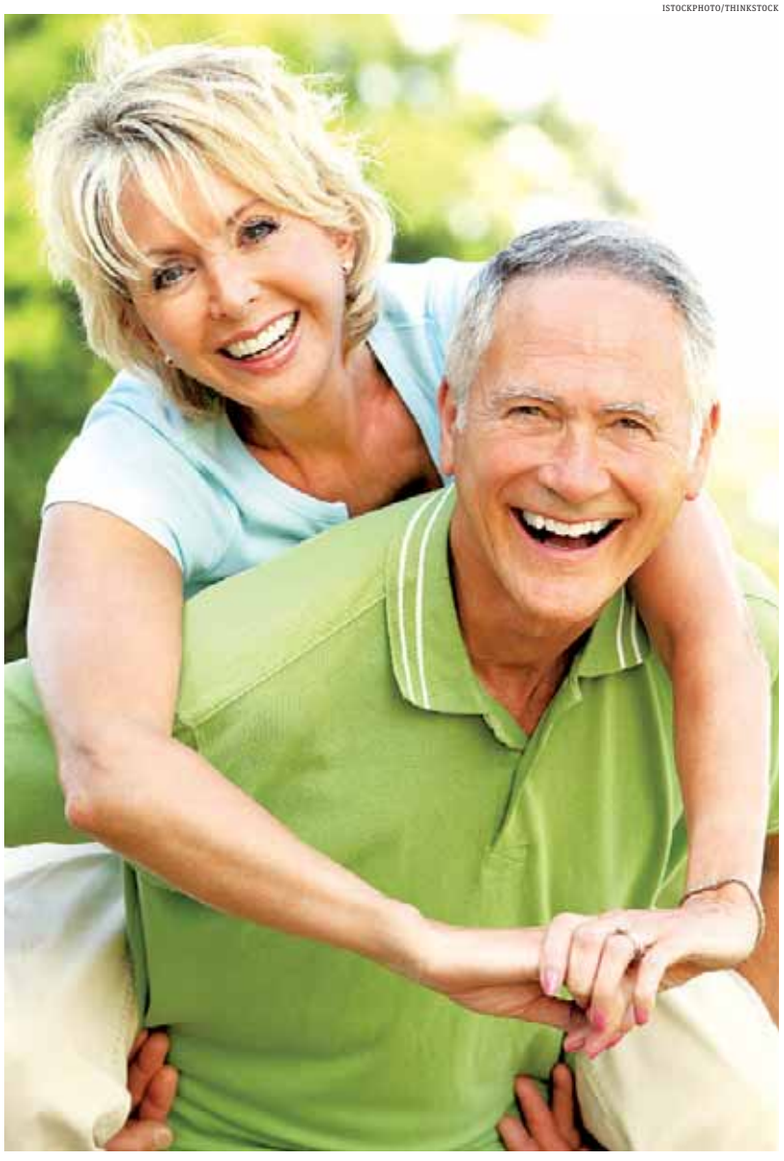
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ISTOCKPHOTO/THINKSTOCK



Living
the high life

- Sense of control is one plus of independent living
- The choice to be as active or as private as you want

RICHARD WOODBURY
FOR METRO

Independent living is a type of living arrangement that's kind of like an all-inclusive resort. Generally speaking, meals are provided, there are tons of activities available and people have the freedom to choose what it is they want to do.

"I've seen the effect it has on people," says Irene Swindells, the administrator at Melville Heights. "Their lives seem to be extended."

With independent living, residents usually live in apartments.

"The big thing is you still have a space you call your own," says Robin Stadnyk, a Dalhousie University professor who has done research on aging. "You have a door that locks and you have your own stuff in there. People's stuff is really important to them."

Stadnyk says the sense of control people have over their schedule is another plus of independent living, although she prefers to use the term supported living to describe the arrangement.

People have the choice to be as active or private as they want. Swindells says at Melville Heights, activities include exercise classes, monthly dances, morning coffee and afternoon tea, live musical entertainment and a vegetable garden.

Stadnyk says the sheer number of activities is something that surprises most people.

"I think that's often an unexpected surprise for people," she says.

Independent living offers a worry-free alternative to living in one's own home since people are no longer responsible for household tasks such as shovelling snow and home and lawn maintenance.

"Those worries are off your mind and to some people that's really important," says Stadnyk.

One of life's 3 steps

For some adults, independent living is one of life's three steps in terms of where they live.

"It's the space between having your own home and being in a nursing home," says Robin Stadnyk, a Dalhousie University professor who has done research on aging.

RICHARD WOODBURY

Councils

Most independent living facilities have residents' councils, which allow residents to have a say in what's happening at the facility.

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Get a jump on planning for the inevitable

There are many components involved with estate planning

JANE DOUCET
FOR METRO

ISTOCKPHOTO/THINKSTOCK



Halifax lawyer Helen Foote has been preparing wills for 31 years. The 40-to-60 age bracket comprises a large part of her clientele at Heritage House Law Office.

Foote informs clients that comprehensive estate planning consists of the following components: Making a will; choosing a power of attorney to handle financial matters; and drafting a health-care directive for medical care.

"Clients can include information about funeral arrangements in a memo attached to the will," says Foote. "They should also make sure their executor knows what their funeral wishes are in advance, in case the will is read after the funeral has taken place."

Before meeting a lawyer, it's wise to draft a general outline that includes as many details as possible. "You should know who you want to be the executor of your estate and who you want to appoint as guardian for any children under age 19," says Foote.

Although many people want to leave a fixed dollar amount to relatives or charities, that can cause problems. "You know how much money you have now, but what about in 20 years?" says Foote, who advises dealing in percentages instead.

The cost for a lawyer to prepare a basic will can range from a flat fee of $700 to $1,200, including tax. It typically involves just two meetings: The first for the lawyer to take all of the information from the client; and the second for the client to review and sign the document. "People always feel a sense of relief when it's done," says Foote.

Peering Inside the Living Alzheimer Brain



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Presenter: Ian MacDonald, PHd candidate, Neurobiology and Neuroscience Institute DAL

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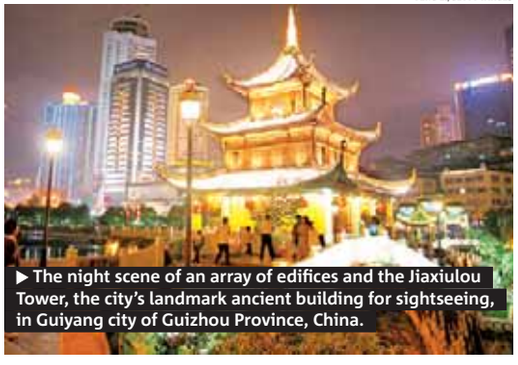
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JACQUES BOISSINOT/THE CANADIAN PRESS FILE



▶ The Train of Le Massif de Charlevoix offers a singular rail cruise experience along mountains and seashore between Québec City and La Malbaie.

FENG LI/GETTY IMAGES



▶ The night scene of an array of edifices and the Jiaxiulou Tower, the city's landmark ancient building for sightseeing, in Guiyang city of Guizhou Province, China.

Take the time to Explore

Try your hand at igloo building in Romania or maybe hike in Nepal

JON TATTRIE
FOR METRO

Many people hit retirement running and are eager to dive into new adventures. Dea Hagues of Elder Expeditions says hot trips are building igloos in Romania, hiking in Nepal and tracking chimpanzees in east Africa.

"As long as you haven't spent the last 40 years sitting on a sofa in front of a television, you should be fine," she says.

The U.S.-based business also offers a Trek Share registry where adventurous "elders" who can't find a friend willing to take the trip can register. When someone matching your criteria also signs up, EE connects you to your potential travel buddy.

Trips to Europe are also popular. You can book a package tour that will take care of everything from hotels to transportation, or you can just hop on a plane and make your own way via trains, planes and automobiles.

Companies such as the Ontario-based DeNure Tours cater to travellers aged 70 and older. Jill Brett

THE ASSOCIATED PRESS FILE



▶ The cruise industry is popular since it offers the worry of travel without lugging bags.

ADVERTISING FEATURE

Dr. Cameron Recommends Testing By Age 40

Hearing loss, like any other health related issue, should not be ignored. Many people simply don't remember to include a hearing evaluation as part of their regular health check-ups. Research has shown that many of the negative effects of hearing loss, including depression, anxiety and withdrawal from many social gatherings, can significantly affect individuals, families, care workers and often co-workers. Hearing loss is experienced by 1 in 10 Canadians of all ages and is the 3rd most common health concern after heart disease and diabetes.

By age 40 a hearing test should be part of our health and wellness check-ups.

Audiologist, Dr. Patricia Cameron, recommends hearing should be tested starting at age 40. She adds "I see too many people for their very first hearing test at age 65 or older, and often their hearing loss has been present for years." What other health concerns would we ignore for that long? So why do we ignore hearing loss?

If there are concerns or signs that hearing loss is present, a sudden hearing loss is experienced, or you have ringing in your ears (tinnitus) a hearing test by your audiologist is warranted. By age 40 a hearing test should be part of our health and wellness check-ups.

As Dr. Cameron would say, "Have your hearing tested, establish a base line for future tests and results and wear hearing protection when in loud environments." Hearing does worsen with age, so early identification and appropriate treatment is the best way to be proactive about your hearing health.

So, if you're over 40 – listen up – and book a hearing test today.

Dr. Cameron leads the clinical team at our Clayton Park location. Hearing Institute Atlantic is a full service hearing health care facility with 5 metro locations. Contact us 482-2222 and Get Tested Today.



Dr. Patricia Cameron

Hearing Institute Atlantic

Trust the experts who listen.

says popular trips for their clientele are Newfoundland, Florida, New York, Chicago and Montreal.

The cruise industry, especially trips to Bermuda, is also very popular as it offers travel without the worry of lugging bags and finding accommodation.

If you take medication, make sure you have enough for the full trip, pack it in your carry-on bag and label it clearly. Travel insurance is often required and can be expensive. Also bring your ID — many countries have discounts for those aged 65 and older.

Mobility issues

Think through what the trip will require physically before you book. If you have health issues, a coach trip to Europe may seem ideal, but there could be hidden obstacles. Spots like Venice, Italy, are full of narrow streets and steep stairs you have to navigate on foot. Cobblestones can also be tricky for people with mobility issues.

COMSTOCK/THINKSTOCK



ADVERTISING FEATURE

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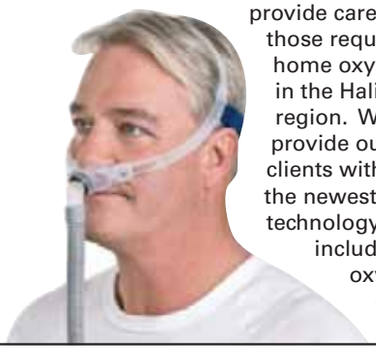




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HALIFAX HEAD COACH DOMINIQUE DUCHARME SAID THE MOOSEHEADS HAVEN'T DECIDED ON ITS STARTING GOALIE FOR TOMORROW'S HOME GAME AGAINST THE ROUYN-NORANDA HUSKIES. ANTHONY TERENZIO STARTED THE FIRST THREE GAMES BEFORE 16-YEAR-OLD ROOKIE ZACHARY FUCALE, PICTURED, GOT THE NOD ON SATURDAY AS HALIFAX DROPPED A 4-2 DECISION TO THE MONCTON WILDCATS.

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Herd lacking balance early

Halifax (2-2) average about four goals per game ◗ Rookie MacKinnon tied for sixth in league scoring



PHILIP CROUCHER
@METRONEWS.CA

When it comes to offence, one line is doing most of the damage for the Halifax Mooseheads.

Through the first four games, the unit of Nathan MacKinnon, Luca Ciampini and Darcy Ashley have clearly stood out as the No. 1 unit.

The numbers back it up, too.

The trio has combined for eight goals and 24 points, with MacKinnon leading the way with two goals and eight assists.

The rest of the Mooseheads have combined for seven goals and 20 points, with Matthew Boudreau (three) and Gabriel Desjardins (one) the only other forwards to find the back of the net.

"We need everyone to be chipping in. We can't be relying on one line," said Mooseheads coach Dominique Ducharme.

"We need 18 guys that when we have the puck can be effective on offence. And we need 18 guys when we don't have the puck to be effective on the defensive side."

Halifax is hoping to show more offensive depth this weekend as the team gets closer to sporting a full roster.

Brent Andrews was returned to the Mooseheads from Nashville Predators training camp yesterday and Halifax is hopeful 20-year-old forward Alexandre Grenier (Vancouver Canucks) will also be back for tomorrow's game against the Rouyn-Noranda Huskies at the Metro Centre.

On the injury front, sniper Martin Frk was back skating with the team for the first time yesterday and is questionable for the weekend. Halifax also visits the Wildcats in Moncton on Saturday.

Frk has been sidelined for two weeks with what the team is calling an upper-body injury.

"It's going to mean competition is back on our team," Ducharme said of having several veterans back. "If you want to be on the ice, you need to be sharp. You need to be ready, you need to be working hard."

Moose scoring

NO. 1 UNIT	G	A	Pts	+/-
N. MACKINNON	2	8	10	+1
L. CIAMPINI	4	3	7	-1
D. ASHLEY	2	5	7	+2

RYAN TAPLIN/METRO



▶ Halifax Mooseheads forward Darcy Ashley, right, celebrates his goal with Steve Gillard against the Bathurst Titan last Friday night.

Moose over-age roster spots coming to a head

A decision should be coming shortly on the Halifax Mooseheads over-age situation.

With 20-year-old forward Alexandre Grenier expected back shortly, Halifax will have four over-agers on the roster, one above the league limit.

The team will have up to two weeks to make a decision on which of the 20-year-olds to keep. The others are Cameron Critchlow and Travis Randell, and blue-liner Jonathan Parisien.

HALIFAX MOOSEHEADS



▶ Alexandre Grenier

Mooseheads general manager Cam Russell said the over-age situation was something they would be discussing as early as yesterday and that a decision "would most likely come pretty quick."

PHILIP CROUCHER

Down to two?

The battle for the final spot appears to be between Randell and Parisien.

Sports in brief

Halifax knocks off Kentville

NSSBL. The Halifax Pelham Canadians are off to the Nova Scotia Senior Baseball League final.

Mark Haverstock went the distance as Halifax dumped the host Kentville Wildcats 7-2 last night to take the best-of-five semi-final series 3-1.

Adam Lucas had three RBIs for Halifax, who play the winner between Dartmouth Moosehead Dry and the Sydney Sonners. Dartmouth leads the semi-final series 2-0, with Game 3 Saturday in Sydney.

METRO

Sea Dogs send Beauregard to Sagueneens

QMJHL. The Memorial Cup-champion Saint John Sea Dogs traded winger Alexandre Beauregard to the Chicoutimi Sagueneens for a pair of draft picks yesterday.

Chicoutimi also receives a 2nd-round pick while sending 1st- and 3rd-round picks in 2012 to Saint John. Beauregard had 23 points in 65 games last season.

THE CANADIAN PRESS

NFL sets sights on fake injuries

Memo warns teams of possible fines, suspensions, loss of draft picks for those caught faking

To the fake handoff and fake field goals, add fake injuries.

The NFL sent a memo yesterday to all 32 teams warning of fines, suspensions and loss of draft picks if the league determines players faked injuries during a game. Yet several players admit its an accepted practice, and some coaches hinted they are not above condoning phoney injuries if it provides a competitive edge.

"I've been places where it has been (taught)," said Browns linebacker Scott Fujita, a member of the players' union executive committee. "They have a name for it and I've been places where it's been precalled. I've been places where it's one player who has been designated. Maybe I'm getting everyone in trouble, but I'm just being honest."

In the memo obtained by The Associated Press, the NFL reminded teams of league policy that calls on coaches to discourage the practice. There is no specific rule on the topic.

"It's all tactical stuff you need to use. Whatever it takes."
RAVENS ALL-PRO SAFETY ED REED ON FAKING INJURIES

Nonetheless, two days after there was speculation the Giants' Deon Grant faked an injury against the Rams during Monday night's game, the NFL is warning of disciplinary action.

Rams coach Steve Spagnuolo said Tuesday the team notified the league office that it suspected the Giants were feigning injuries in St. Louis' 28-16 loss. Rams quarterback Sam Bradford said it was obvious the Giants were just buying time with St. Louis running a no-huddle offence.

"They couldn't get subbed, they couldn't line up," Bradford said. "Someone said, 'Someone go down, someone go down,' so someone just went down and grabbed a cramp."

Grant was adamant about not having faked anything.

"I could see if I was walking and fell," he said yesterday, speaking passionately and barely taking a breath. "When you see after I made that tackle and bang my knee on that play, you see me bending my knee as I am walking. ... (Teammate Justin) Tuck is walking behind me and saying 'D don't run off the field. Just go down.' As I am walking, they line up, and knowing that I can't get back in my position because of the knee injury, I went down."

Redskins coach Mike Shanahan was coy about the tactic when asked if he ever instructed a defence to do it.

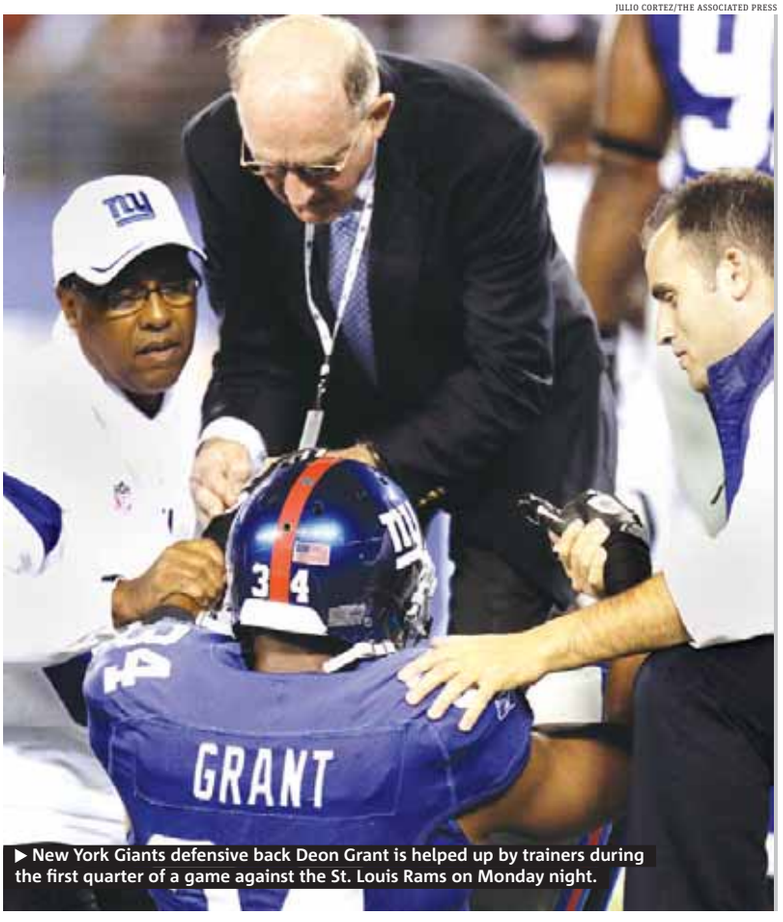
"I can't say I have," Shanahan said before pausing. "But I won't say I haven't, either."

Then he smiled.

"It happens all the time, and warnings will come out," he added, "and it's happened again."

THE ASSOCIATED PRESS

JULIO CORTEZ/THE ASSOCIATED PRESS



▶ New York Giants defensive back Deon Grant is helped up by trainers during the first quarter of a game against the St. Louis Rams on Monday night.

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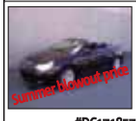
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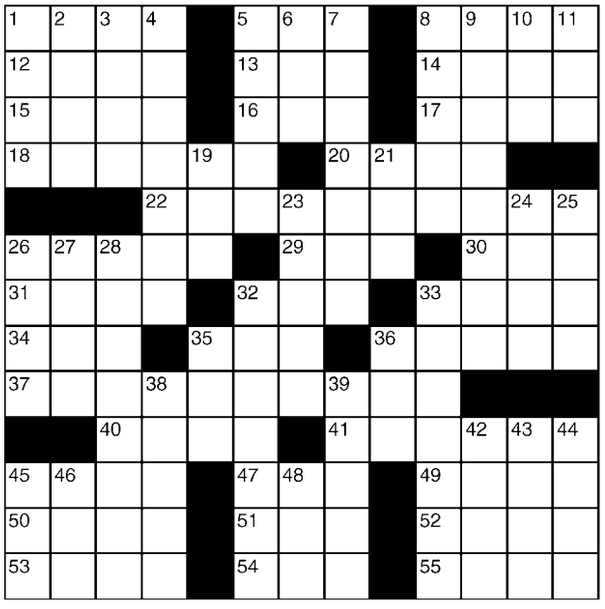
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Crossword



Across

1 Farm building
5 Weeding tool
8 Constellation component
12 Waikiki wingding
13 Raggedy doll
14 Buckeyes' home
15 Ear-related
16 — U.S. Pat. Off.
17 Ranch visitor
18 Lassie, for example
20 Somewhere out there
22 "The Phantom of the Opera" actress
26 Drink eagerly
29 Praise in verse
30 "CSI" evidence
31 Geologic periods
32 Payable
33 Dry gully
34 Melody
35 Round Table address
36 Silky synthetic
37 Feign sleep
40 Darling
41 Katmandu resident
45 Nickel, e.g.
47 Big bother
49 Secondhand
50 A couple of cups
51 Cattle call?
52 Seven Dwarfs' workplace
53 Bit of plankton
54 Pismire
55 Lip

Down

1 United nations
2 Car
3 Bar
4 Core
5 Sultan's wives
6 Individual
7 Fencer's warning
8 Malt shop orders
9 Thanksgiving, e.g.
10 Succor
11 Shad product
19 Mischievous tyke
21 Adversary
23 Thine
24 Loosen
25 Primary
26 Bound
27 Seed covering
28 Showing off
32 3-D replica
33 Tribal funds
35 Resort
36 Regret
38 Busybody
39 Nose, slangily
42 Largest of the seven
43 Camera part
44 Mid-month date
45 Bookkeeper (Abbr.)
46 Art medium
48 Announcer Pardo

▶ Yesterday's answer



Sudoku

	4	8				6	1	
			6		2			
3	2			8			4	5
		5	1		4	3		
4								8
		9	8		5	1		
5	1			9			8	7
			7		3			
	9	2				4	6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	4	3	9	8	2	1	7	6
2	8	7	1	5	6	4	9	3
6	9	1	7	4	3	2	8	5
8	5	4	2	6	7	3	1	9
1	7	9	5	3	8	6	4	2
3	2	6	4	9	1	8	5	7
4	1	5	3	2	9	7	6	8
7	6	2	8	1	5	9	3	4
9	3	8	6	7	4	5	2	1

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Muffin, Just wanted to let you know how much my heart aches for you. Everyday feels like I'm falling in love again,Your love is like sunshine on a rainy day, with you is where I want to stay each and every day. Thank-you for loving me, I do adore you never forget that! Love **PIE**

*Romeo(zobia)
Hii, Babeee!!! I honestly cant wait till you propose me.. I know you wanna but can not find the courage...Babe I really LOOooooOOVe you..Just hold my hand and dont let go and I promise our love will be strong.. Everything Takes time Babe we will get through this hard time, as long as we are together nothing matters. These four years have been the best years of life.. thx for everything.. I reeally really love you :)* **JULIET**

Today 19°/15° Showers 60%
Friday 23°/15° Showers 40%
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network | HD
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You need to make the first move in personal relationships and Venus, planet of love, will help you today.

♉ Taurus April 21-May 21 No matter how busy you may be, you must set aside some time for gazing at the bigger picture.

♊ Gemini May 22-June 21 For some reason, everyone wants to be nice to you today. It's nice to be so much in demand.

♋ Cancer June 22-July 22 Try to be a bit more forgiving of someone who has let you down.

♌ Leo July 23-Aug.23 You seem to be brooding on things that are over and done with. You cannot go back and change the past.

♍ Virgo Aug. 24- Sept. 22 If you need to approach a loved one or family member for assistance do so — this very minute.

♎ Libra Sept. 23-Oct. 23 Anything seems possible, but how much you achieve depends on whether you make an effort.

♏ Scorpio Oct. 24-Nov. 22 You are incredibly ambitious of late, but don't be too pushy today.

♐ Sagittarius Nov. 23-Dec. 21 The planets urge you to form alliances with people who share your aims and ambitions.

♑ Capricorn Dec. 22-Jan. 20 If you need to impress someone in a position of authority, do it now.

♒ Aquarius Jan. 21-Feb. 18 The planets make it easy for you to get away from your current environment. Start your journey.

♓ Pisces Feb. 19-March 20. You may be tempted to splash out on a luxury, but is that really a good idea? Think. **SALLY BROMPTON**

Caption contest

OWEN HUMPHREYS/ THE ASSOCIATED PRESS



JUNJI KUROKAWA/ THE ASSOCIATED PRESS



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